



A group of women
with one thing in
common – all have
children serving in the
military.

Blue Star Mothers
of America, Inc.
NY #1
December, 2013

Chapter President's Letter

Welcome to December! It has been a busy autumn, actually, a VERY busy autumn! We always say that we are going to slow things down, but it hasn't happened yet! I hope everyone enjoyed the Light of Love program this year at Kershaw Park. It was an amazing afternoon! Val and her committee did an outstanding job. We have gotten many positive comments regarding the weather (BIG topic of conversation as nobody froze to death this year!); how sweet the presentation of colors by the Boy Scouts who also launched into the Pledge of Allegiance much to the dismay of Elizabeth and Chloe Metcalfe, who were scheduled to do it themselves. So we had a double pledge and everyone was happy. Elizabeth's Grandmother informed me that Iz was really ticked off and announced in a disgusted tone, "BOYS!" and shook her head.

It was wonderful to have Lt. Col. Wendland there to represent the Unit we adopted from Fort Drum. He, in turn, was thrilled to meet Fran's Dad, a WW2 vet who served with Gen. Patton's 3rd Army in Europe and to also meet the Patriot Guard that he had heard so much about. I think we blew him away, Ladies. He said he wasn't expecting anything like the LOL and was so happy that he decided to come and present us with our Civilian Patriotic Service Award and Pin. Every star has been hung and will remain up for thirty days. If you have not seen the tree, I urge you to go. Ann Wido's vision has truly flowered into a nationwide event. At last count there were at least eleven Chapters across the country that now do Light of Love trees since we announced it at the National Convention years ago. The newest Chapter to do it is our sister Chapter in Rochester, Chapter 8. Well done, Ann.

We shipped 41 Christmas trees to the troops and Saturday, December 7th, which is also Pearl Harbor Day, we will pack the Christmas Party in a Box packages. We will be adding homemade quilts this year, generously donated by a lady from Phelps. Caulkins Road Middle School is delivering boxes of goods, and another group is bringing cards and letters to be placed in the boxes. The most exciting news is that the residents of The Thompson Apartments in the

old Thompson Hospital building have generously donated enough money to sponsor at least 6, possibly 7, boxes to ship. We are most fortunate in our friends.

Our forty-one families have all been adopted! This is such a wonderful happening and I am overwhelmed by it. We hoped, early on, that we could get all of them adopted. Things went fairly quickly at first, but then everything slowed down. This week, however, things picked up again, and each family has a Christmas Angel. We can breathe easier knowing that we were able to help, in a very small way, to spread the joy of the season and let it be known that it is better to give than to receive. Thanks to all who have participated. Don't forget that the Chapter also adopted a family. Details were sent out this past week. I hope we are as successful in our endeavor.

After the Chapter meeting on December 14th we will be taking a well deserved rest till January. The Canteen will be open until December 23rd. After that night, we will close the Canteen until January 3rd, 2014. Everyone needs the rest!! January should be a quiet month before planning begins for the Spaghetti Dinner.

So, my Dears, have a very Merry Christmas, and I wish you all the best for a joyous and prosperous New Year. As always, please pray for our troops as they continue to serve their country in far flung places and defend their fellow citizens. God Bless them all . . . always.

Joyce

Blue Star Mother New York #1 Elected Executive Board for 2013-14

President – Joyce Mader

1st Vice President - Bonny Beck

2nd Vice President – Carol Adamowicz

3rd Vice President – Val Haines

4th Vice President – Linda Green

Recording Secretary – Fran Gallahan

Financial Secretary/Membership Chair - Bobbie Metcalfe

Treasurer - Kathy Conradt

The following positions are appointed.

Chaplain - Sally Burgess

Historian - Beth Olson

Patriotic Instructor and Parliamentarian - Kathy Zeigler

Correspondence Committee - Mary Jean Carlson

Yearbook - Becky Nohe

Volunteer Coordinator - Mary Jean Carlson

WebMaster - Brian Mader

New go-to place for Veterans benefits

Veterans and families can go to va.gov/explore to learn about many kinds of benefits: healthcare, education, job services, home loans, housing, life insurance, pensions, disability compensations, and much more. They can also apply for those benefits on the website.

Address updates

Has your military loved one returned from overseas or been deployed? Please make sure to send an updated address to MaryJean Carlson at maryjeancarlson@aol.com in order for her/him to receive birthday and other greetings from NY#1.

BSMA NY#1 ongoing fundraiser

Keep collecting those used cell phones and printer toner cartridges. We get cash for them! Give to Bobbie Metcalfe.

Got coupons?

Pat Witt is collecting grocery store coupons to send to the Troops overseas. Coupons can be expired, but the expiration date must not be more than six months ago. Mail your unused coupons to Pat at 60 Hendrix Road, West Henrietta, NY 14586.

Do you help out with BSMA NY#1 fundraisers and other events?

Live too far away to drop off baked goods, make a casserole, or actively participate in programs? Please consider sending a check or gift card to assist with offsetting costs of running the events.

Looking for another way to help?

Dinners for our Vets are needed on Monday and Friday at the Canteen. You can use food already at the Canteen or purchase your own food to make your meal and a dessert. Several people together can make a home-cooked meal and dessert for the Vets. For more information, contact Linda Green, Hospitality Chairperson.

Blue Star Riders Poker Run at Newark American Legion on September 22

There were not as many riders as expected, and the weather did not help, but those that came were very happy with all offered to them. The breakfast pizzas went very well. Everyone loved the food choices; all the food was delicious. When informed that the Cookbooks were available, the riders were excited and bought fourteen of them! There was food leftover, but it was not wasted!

Thanks Home Depot!

Grand re-opening of Canteen on October 6th was a great success, and everyone seemed to have a wonderful time! No idea how many came, but it was wonderful to hear all the comments on the transformation. The PGR was in attendance with a fabulous flag line. There were guests from Chapter 7 and Chapter 8. As usual, there were lots of baked goods consumed! Frank Meyer Sr., held court in the living room surrounded by the Marine Corp League.

Linda organized another successful food event, and Carol did a wonderful job hanging all the decorations. Several members and even associates cleaned the house upstairs, downstairs, and in the basement! The clothing rooms were organized and the supply room was overhauled to be neat and tidy for guests.



We are greatly thankful. Home Depot did a great deal for us and the Canteen to enable us to help our Veterans even more. We have a totally enclosed porch with baseboard heating making the porch functional into the late fall and early spring!! There is a new stone patio outside the kitchen door.

BSMA NY#1 Cookbook is available!

The Cookbook is getting great reviews and selling well. At the Poker Run on Sept. 22th, 14 were sold, and at the re-opening of the Canteen on Oct. 6th, 22 more were sold. Get your cookbook soon!!

Blue Star Memorial Dedication - Saturday, November 2nd

According to YNN --

The Blue Star represents different things to different people. "It represented that your household had family that was serving your country," said Pat Witt. It's an honor for Witt to be a Blue Star mother. Her son and several family members have served our country. "It symbolizes that we have our freedom, but we wouldn't have it if our people didn't go over and fight in other countries," said Witt. That's why she just had to come to the dedication of a Blue Star Memorial Marker at Webster's Finn Park put on by Seventh District Federated Garden Club. "They honor veterans who are serving now, who have served, and those that will serve," said Toni Howe of the Federated Garden Club Seventh District. This is a national endeavor that's gone on since World War II. The memorial is one of six placed within the region, and one of more than 2,500 nationally. "Never forget the sacrifices, the time, the dedication that our service people perform for our great

country," said Patriot Guard Ride Captain Jerry Lamb. World War II veteran Elmer Garling, 89, certainly doesn't feel forgotten sitting in the seats. For him this Blue Star Marker symbolizes a humbling reward. "Pretty proud and to think that I could accept something like that," said Garling.



Additionally, members of BSMA Chapters 1 and 8 were in attendance as well as area Legions and VFW's. The PGR stood a flag line for the event and Representative Mark Johns delivered a short note of acknowledgement for the military and mentioned what the Blue Star Memorial represented.

Recent visit to Ft. Drum

On Thursday, November 14th, a group went to Fort Drum to welcome home our adopted unit from service in Afghanistan. They have been home exactly a month from Afghanistan and everyone came back. It is very heartwarming when they all make it back safely. Everyone had a wonderful time, met the command team of the adopted Unit, and had lunch with them. Lt. Col. Wendland plans to come to the Light Of Love program to present BSMA NY#1 with a Certificate of Appreciation from the Brigade. It was a great day both company and weather-wise. The group did not get lost and, that alone, is a major feat. Of course, it was broad daylight not always the case when going to Fort Drum!

Thanksgiving dinner at the Canteen

On Monday, November 18th, Linda organized a Vets Thanksgiving dinner at the Canteen. The guys were very excited. People were walking into the Canteen saying it smelled good in there, then eating and saying everything tasted delicious!! No one went away hungry. The food was wonderful, and there was a good variety of food. The Vets truly were amazed and appreciated it so very much.



Darling's Tree Farm

On November 24th at 9:00AM, we went to Darling's Tree Farm in Clifton Springs to pack our trees. We shipped 41 trees this year.

Light of Love - December 1st at Kershaw Park Gazebo

The program went off beautifully and everyone attending seemed to have a grand time. Even the weather cooperated. How often does THAT happen? YNN came! Our special guest was Fran Gallahan's Dad, Frank Aparo, and his wife, Louise. Frank is a WW2 vet who fought across Europe with Gen. George S. Patton's Third Army. Lt. Col. Wendland, Commander of our adopted Unit from Fort Drum, presented us with a framed Honor Certificate which will be displayed at the canteen.



We had an enormous amount of help from Bob Dittmer's Boy Scout Troop. They passed out programs, presented the colors, retired the colors and hung stars. Elizabeth and Chloe Metcalfe, along with Angie, recited the Pledge of Allegiance. Dick Metcalfe, Brian Mader and Tim Parks worked tirelessly to get everything set up and get all the ice and snow removed. The crew from St. Mary's set up the windshield around the Gazebo. It was nice not to be battered by the wind. Our Chaplain, Sally Burgess, gave a very nice invocation and Father Jaeger, an Air Force Chaplain at one point in time gave the benediction. Lt. Col. Wendland loved our website and, when he read through the letters of thanks, found one written by one of his Lieutenants, thanking us for the boxes we sent. The PGR held the flag line for us. The event was beautiful and solemn.



Angie, Elizabeth, and Chloe Metcalfe hanging ornaments after the Light of Love ceremony.

Saturday, December 7th at the Canteen, 30 parties in a box were packed to go overseas. The Kiwanis club came and brought lots of items to fill up the boxes. There were also three big boxes of cards included as well.

Partner With Military OneSource Health and a Wellness Coach to Improve Health and Well-being

Do you need help making changes that will improve your health or well-being? Consider partnering with the Military OneSource Health and Wellness Coaching Program. The Health and Wellness Coaching Program is a free resource for eligible individuals who wish to improve their health and overall well-being. A health and wellness coach can help you:

- Identify your beliefs, values, and vision;
- Create an action plan to achieve your goals;
- Eliminate roadblocks or barriers that stand in the way;
- Celebrate your success.

Focus areas for coaching include: weight management, fitness and nutrition, health condition management, stress management, and life transitions (adapting to lifestyle changes such as deployment, moving, becoming a new parent, or retirement).

Coaching is not: counseling, therapy, or a medical or advice hotline.

You can participate in sessions by phone or online, whichever you prefer. The coaches provide you with information, support, encouragement, and accountability, so that you can attain your goals and achieve your maximum potential at no cost to you! To sign up for a health and wellness coach, call 800-342-9647 and a Military OneSource consultant will register you and schedule your first session right away. Do you prefer communicating online? There is also online messaging, with the consultant and participant communicating online in real time. Like to work independently? Military OneSource also offers the free, online, self-directed health and wellness coaching programs to help make lasting lifestyle changes. The Living Series offers four free online health and wellness courses.

Through any of the three Health and Wellness Coaching Program options — on the phone, online, or self-directed — Military OneSource can assist you in reaching your goals.

MARK YOUR CALENDAR!

Spaghetti Dinner is April 25, 2014.

Second annual Memorial Poker Run for Danny Metcalfe is July 12, 2014.

The next newsletter will be published in March, 2014. Interested in contributing information for a future newsletter? Please send MaryAgnes an email at mamcavoy@aol.com Please do check our website www.bluestarmothersny1.org for additional information, photos, and more.



