



	<p>A group of women with one thing in common – all have children serving in the military.</p>	<p>Blue Star Mothers of America, Inc. NY #1 June, 2014</p>
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Chapter President's Letter

Joyce is enjoying a well deserved vacation! Look for her president's letter in the next newsletter.

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

As of the May 10th meeting, there are 65 moms and 44 associate members.

ARMY STRONG

At the March 8th NY#1 meeting, Army Strong representative Max Sernoffsky (Max filled in for Marianne who had another commitment) presented those present with a certificate of appreciation for our work with military families during the Holiday Season 2013. Despite the

name, Army Strong assists all Veterans with any issue involving the VA, higher education institutions, or medical concerns.



Easter Dinner for our Veteran's

An Easter Dinner for our Veterans was served on Monday April 21st at the Canteen. The menu included ham, mashed potatoes, cheesy potatoes, corn, green beans, deviled eggs, a veggie tray, fresh fruit salad, tossed salad, rolls, sweet breads, and the usual wonderful desserts. As you can tell, there was a large variety of delicious food. There was also a birthday cake and ice cream for Vet Joe. He said it was the best birthday ever!

Win a restored 1964 Jeep!

A huge gift was given to BSMA NY#1! A Vet donated a vintage, completely restored 1964 Jeep to raffle off. The jeep is camouflage wrapped. It is living in the garage at the Canteen until the raffle is drawn on July 12th. Raffle tickets are for sale at \$20 each. Only 1,000 tickets will be sold. Raffle ticket sales started at the Spaghetti Dinner. Thanks to Beth Olson's friend for donating the jeep.

NEWSFLASH – June, 2014 - The jeep tickets are now \$10.00 each. Anyone who previously purchased tickets will receive another one. Bobbie has the stubs from tickets already sold, so she will send another to them in the mail. Tickets are still available until Danny's Poker Run on July 12th.



SPAGHETTI DINNER

Even though Canandaigua Academy double booked the high school with the Rochester City Ballet, our Spaghetti Dinner was another successful event. Operations were somewhat condensed and the baked goods table was moved to the other side of the area. Meyer and McGuire performed in the cafeteria with favorable comments! The Jeep was parked on the lawn with a tent over it due to the rain. There was a huge crowd. Many of the ballet parents purchased tickets to the silent auction, raffle, and baked goods table. The jeep got a lot of attention and ticket sales. The Lions Club came to help in the kitchen, and they were great! Also, some of our younger vets were there to help. Everyone had a good time. On another note, it was decided to make changes to menu next time. We will no longer have meat balls, but will provide meat sauce or plain sauce for non-meat eaters.



Canteen Report

Our lease is still with legal at the VA. Jacob Yoder is our new contact there. He has been very responsive so far and willing to help us get the work we need done.

Attendance at the Canteen has been up each Monday and Friday. The vets are hungry and in need of clothes. An inventory was done, and we need basketball shorts in all sizes and sneakers in several sizes. It was suggested by Linda that we will do a birthday cake each month, alternating Mondays and Fridays for any Vets birthdays within the month. The first birthday cake was at the Easter dinner for our Vets.

Blue Star Moms NY #1 celebrated our 10th anniversary May 28, 2014.

Job Fair and Clothing Handout on May 31st was a bust because it was not publicized. Instead, all the clothing went to the Salvation Army for families in need.

Summer for Soldiers

June 7th was packing day for Summer for Soldiers at the Canteen in lieu of the regular chapter meeting for June. We successfully mailed 21 Unit boxes to our soldiers overseas and to the British-American Hospital, also in Afghanistan. It is our tenth year of packing boxes. We finally have it down to a science! The boxes went out immediately to their destination as they went straight to the Canandaigua Post Office.

Do you need information for summer camps for your military kids? Check out arfp.org for information on summer camps. Many camps listed are free for military kids.

10 THINGS YOUR COMBAT VET WANTS YOU TO KNOW

1. He/she is addicted to war, although he loves you. War is horrible, but there is nothing like a life-and-death fight to make you feel truly alive. The adrenaline rush is tremendous, and can never be replaced. Succeeding in combat defines a warrior, places him in a brotherhood where he is always welcome and understood.
2. Living for you is harder. It would be easy for him to die for you because he loves you. Living for you, which is what you actually want, is harder. It is even harder if you are smart and do not need him to rescue you, since rescuing is something he does really well. If you are competent at many things, he may at times question if you need him at all. He may not see that you stay with him as a conscious choice.
3. "The training kicks in" means something very different to him. It is battle doctrine that when ambushed by a superior force, the correct response is "Apply maximum firepower and break contact." A warrior needs to respond to threat with minimal time pondering choices. While this is life-saving in combat, it is not helpful in the much slower-paced civilian world. A better rule in the civilian world would be to give a reaction proportionate to the provocation. When the training becomes second nature, a warrior might take any adrenaline rush as a cue to "apply maximum firepower." This can become particularly unfortunate if someone starts to cry. Tears are unbearable and create explosive emotions that can be difficult for him to control. Unfortunately, that can lead to a warrior responding to strong waves of guilt by applying more "maximum firepower" on friends, family, or unfortunate strangers.

4. He/she is afraid to get attached to anyone because he has learned that the people you love get killed, and he cannot face that pain again. He may make an exception for his children (because they cannot divorce him), but that will be instinctual and he will probably not be able to explain his actions.

5. He knows the military exists for a reason. The sad fact is that a military exists ultimately to kill people. He may have a hard time seeing that this does not make him a murderer. Although they may look similar at first glance, he is a sheepdog protecting the herd, not a wolf trying to destroy it. He may not know how to feel about what he's seen or done, and he may not expect his feelings to change over time. Warriors can experience moments of profound guilt, shame, and self-hatred. He may have experienced a momentary elation at "scoring one for the good guys," then been horrified that he celebrated killing a human being. He may view himself as a monster for having those emotions, or for having gotten used to killing because it happened often.

6. He's had to cultivate explosive anger in order to survive in combat.

7. He may have been only nineteen when he first had to make a life and death decision for someone else. What kind of skills does a nineteen-year-old have to deal with that kind of responsibility? Want to know what is frightening? It's a nineteen-year-old boy who's had a sip of that power over life and death that war gives you. It's a boy who, despite all the things he's been taught, knows that he likes it. It's a nineteen-year-old who's just lost a friend, and is angry and scared, and determined that someone is going to pay.

8. He may believe that he's the only one who feels this way; eventually he may realize that at least other combat vets understand. On some level, he doesn't want you to understand, because that would mean you had shared his most horrible experience, and he wants someone to remain innocent.

9. He doesn't understand that you have a mama bear inside of you, and that probably any of us could kill in defense of someone if needed.

10. When you don't understand, he needs you to give him the benefit of the doubt. He needs you also to realize that his issues really aren't about you, although you may step in them sometimes. Truly, the last thing he wants is for you to become a casualty of his war.

Bobbie Metcalfe attended the Traveling Wall in Pembroke, NY the week-end of June 13-15th. Bobbie was asked to represent all Blue Star Mothers by leading the Pledge of Allegiance. Deb Lamphier and her mother, Char, had the honor of placing a wreath at the Traveling Wall. This event was sponsored by Oakfield-Alabama American Legion Post 626.

Our ever faithful mailman, Todd Howard ("Howie"), who founded the Blue Star Riders, took a job transfer with the Post Office to Summerville, South Carolina. We wish him and his family the very best of luck and hope he will stay in touch.

Win a Motorcycle!!

Drawing held on August 9th. Tickets are \$10. Call Al at 518-466-8771, Jack at 528-235-4254, or Bob at 518-573-1497 for more info and tickets. Raffle Supports Tri County Council Vietnam Era Veterans in Albany area.

Project Share

This is a new heating fund grant program co-sponsored by NYSEG and RGE for those needing help with utility bills. Veterans have special priority. Call 1-800-599-4327 for more information.

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 events. Remember, we are here to give the soldiers AND THEIR FAMILIES support. Please, try to become more active in the future.

MARK YOUR CALENDAR!

There are no regular meetings for BSMA NY#1 for June, July, and August. See you in September!

Veterans can attend a Free Legal Clinic on Wednesday, June 18th from 4:30-5:30PM at the Veterans Outreach Center located at 447 South Avenue in Rochester. Get help with Powers of Attorney, Wills, and Health Care Proxies. For more information, call Simone Boykin at 585-295-5656.

CANCELLED. June 20-21 is our next-to-new sale at the Canteen. CANCELLED.

June 22nd- Blue Star Rider Poker Run

We will have breakfast for them @ Canteen between 11:30 and 12. Lots of help is still needed!



Riders at the Spaghetti Dinner

There will be a special guest on June 27th at the Canteen. VA Director Craig Howard will visit with the Vets that day. He likes to come and meet the Vets first hand and to find out about them. It is wonderful that he accepted our invitation!

Second annual Memorial Poker Run for Danny Metcalfe is July 12, 2014 at the Moose Lodge in Palmyra, NY. NY#1 supplies a light breakfast at 8AM for the riders as kitchen facilities are not available. Winner of the donated 1964 Jeep raffle drawn. Lots of help is needed for this event!

American War Dads Poker Run is also on July 12th. NY#1 will supply a quick breakfast late in the morning.

BSMA NY#1 will not attend the 2014 national convention in August. The convention will again be held at the Marine Memorial Hotel in San Francisco.

The air show is returning to the Rochester Airport on August 16-17. Look for the BSMA NY#1 table. The air show begins at 8AM.

Interested in contributing information for a future newsletter? The next newsletter will be published in September, 2014. Deadline for submissions is September 15th. Please send MaryAgnes (mother of two Marines) an email at mamcavoy@aol.com Please do check our website www.bluestarmothersny1.org for additional information, photos, and more.

