



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

**JUNE, 2016**

## **Chapter President's Letter**

Dear Everyone,

Good news! We received a grant from Thompson Hospital to create a garden and buy food for the pantry at the Canteen!!! YAY!! Brian Mader and a helper, Ryan from the Lion's Club (Ryan's Mom works at the VA), built the raised beds underneath the old clothesline in the backyard at the Canteen. It is very sturdy and looks great. The VA Grounds Department has given us the soil and compost to fill the box, and we have planted it with all sorts of peppers, tomatoes, green beans, cucumbers, broccoli, zucchini, yellow squash, parsley, and strawberries. We have gotten a timer for the water so that our soaker hose will automatically water each day. Hopefully, in the fullness of time, we will have fresh produce to serve at the Canteen and enough to share with those vets who are cooking for themselves.

We had the Benefit Run at the Palmyra Moose Lodge in Memory of SGT. Daniel T. Metcalfe. Linda Green arranged for a work mate to provide an excellent chicken barbecue. We did the side dishes. The food was wonderful, and everybody worked hard. We made a nice sum to add to our Holidays for Heroes project, which is always a good feeling. This past weekend, we had two back to back Pokers Runs at the Canteen. The Blue Star Riders were supplied with a brunch and the Harley Hogs had lunch. Again, all the food was amazing and everybody was pleased. My thanks to all who made it happen. Well done!

We have been having a bumper crop of Veterans each Wednesday for dinner and a nice group of Moms to help. This is so great! The meals are always divine, and the Vets seem very happy to have a break in the middle of the week. We have a standing All Season Tree in the living room which is decorated according to the current holiday. This month and next, until Labor Day I assume, it is done in patriotic colors, and everyone seems to enjoy it. The grounds are looking great; thanks to Brian for his mowing expertise, and the hard work of the Canandaigua Academy sports teams who helped Carol spread mulch and plant flowers.

I hope that everyone has a fabulous summer! We want to congratulate our two latest retirees....Beth Olsen and Kathy Conradt. Congratulations to them, and thanks for all the hard work they have given over their working careers. They both seem to be very happy with their new status.

Joyce



## **Blue Star Mothers - New York #1 Elected Executive Board for 2015-16**

President – Joyce Mader

1<sup>st</sup> Vice President – Nancy Bardeen

2<sup>nd</sup> Vice President – Carol Adamowicz

3<sup>rd</sup> Vice President – Valerie Haynes

4<sup>th</sup> Vice President – Linda Green

Recording Secretary – Katy Bracy

Financial Secretary/Membership Chair - Bobbie Metcalfe

Treasurer/Budget - Kathy Conradt

The following positions are appointed.

Chaplain – Jean Burlingame

Corresponding Secretary – MaryJean Carlson

Historian - Beth Olson

Parliamentarian - Kathy Zeigler

Patriotic Instructor – Becky Nohe

Sgt. At Arms – Linda Green

Publicity – Dorothy Egan

WebMaster – Brian Mader

**As of the May meeting, there are 42 moms and 43 associate members.**

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## **The SGT. Daniel Metcalfe Poker Run was a huge success on June 4th**

There were a total of 56 riders who loved all the food! It was a lot of hard work, but Linda did a fantastic job coordinating everything. There was a lot of chicken left over, but it was all successfully deboned and packed up for future use at the Canteen.



The **Gold Star Family Monument** was unveiled on Friday, June 10<sup>th</sup>. It was a beautiful ceremony. BSMA NY#1 had a wreath at the ceremony to honor the Gold Star Families, but, unfortunately, the florist did a VERY poor job. Hopefully, you can see from the picture, the blue carnations look sad and not at all fresh. The florist did refund our money for the wreath.



## **The BOOTSTRAP program**

BOOTSTRAP is a yoga-based, stress-management system specifically designed to help troops and Veterans heal from chronic stress, including post-traumatic stress. It was developed by former U.S. Army Officer Eric Walrabenstein.

BOOTSTRAP utilizes customized yoga and mindfulness techniques to deliberately interrupt the hidden internal sources of stress in less than an hour a day. The ten-week program is delivered online in the privacy of the home. To date, over 5,000 service members and veterans have used the program to reclaim their happy, healthy lives from stress. For more information visit the website: <http://www.bootstrapusa.com>

BOOTSTRAP is offering access and resources for all qualifying troops, Veterans, and their families through Blue Star Mother Chapters. The ree link to Bootstrap for Blue Star Mother Chapters is <http://www.bootstrapusa.com/bsm>

Information provided by Louisa Percudani, BOOTSTRAP Community Relations

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## **BSMA Membership Renewals** should now be submitted!

You are strongly encouraged to renew your membership via the NY Chapter 1 website instead of traditional paper forms or the National Website as it is much easier, more accurate, and more complete.

It should take only a few minutes to complete your renewal, and your membership at the National level will be updated for you.

Renew by going to [www.bluestarmothersny1.org](http://www.bluestarmothersny1.org) and click on the Members button. Log on (if you forgot your Password, there is a “Forgot Password” link). When you see the Members page, push the red “Renew” Button towards the top of the page.

All of your information, as is currently on file, will be displayed so you do not have to re-enter it. However, make changes if you like. Click the “Next” button on the

first page when you are done, and update if necessary the information on your military sons, daughters, or other service members. When you are finished with that, you must agree to the Oath, and then submit your payment (Members only, not Associates) via credit card or check.

Renewal is now complete, and you will be notified when your application is approved.

Everyone should submit their renewal as soon as possible; it is especially critical for Executive Board Members to renew no later than August because of National registration requirements. You will probably also receive emails from the National Website asking you to renew via the National website. As already stated above, we much prefer you to renew via our Website instead.



## **News for Women Vets**

Women Vets needing assistance can now use the link listed here <http://www.canandaigua.va.gov/services/women/index.asp> or for general information on women's health care and benefits, please call the Women Veterans Call Center at 1-855-VA-WOMEN (1-855-829-6636).

**Canteen News** – there is one Vet who is taking advantage of our generosity. He is taking supplies & food without asking if he can have them. No takeout meals served until all Vets are served their meal. Any items requested, the Vet must be assisted by Joyce, Bobbie, Carol, or Linda only. The Vets appreciate the home-cooked meals; they are excited! The general consensus is that the Vets like the change to Wednesday from Monday/Fridays. A big 4<sup>th</sup> of July cookout for the Vets is scheduled at the Canteen for Wednesday, June 29<sup>th</sup>, starting at 4PM.

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At the May, 2016, meeting, Nancy from Lap Robes for Veterans presented information to those attending. Founded in 2007, Lap Robes for Veterans is a non-profit organization which relies solely on contributions and the skills of its large group of volunteers. In 2015, over 1,000 lap blankets were given away to Honor Flight and Vets in nursing homes. All lap robes are stitched with a "Thank You for Your Service" label. For more information, contact Nancy at the address below.

FLACE/Lap Robes for Veterans  
c/o Nancy Van Apledoorn  
73 Stanton Street  
Rochester, NY 14611

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*Additional ways to help our Chapter!*

*T- shirts are red with a patriotic design stating TGIF for Thank God I'm Free.*

*Window car clings are available for all military branches.*



Contact Bobbie at 585-200-0121 for more information and to order.

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Buy a Brick Fundraiser was first introduced by Joanne in January. A sample brick was shared at this meeting. Bricks cost \$50 and a duplicate brick is \$35. Bricks will be in the Patriot Garden around the flag poles at the Blue Star Canteen. The 4" by 8" brick in Regimental Red is etched through a laser process. A flyer and order form is now available. Got questions? Contact Joanne at 585-749-6102 or by email at [joanneacq55@hotmail.com](mailto:joanneacq55@hotmail.com) . Information on this fundraiser is available at <http://thatsmybrick.com/bluestarmothersny1> . As of the May meeting, 11 bricks are ordered and paid.

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### **Got coupons? -- A note from Pat!**

In a recent phone call, Pat Witt thanks everyone for sending the coupons she shares with the families of overseas troops. The ladies are happy to receive the coupons. Therefore, keep mailing Pat the coupons to share with them!!

Pat collects grocery store coupons to send to Troops overseas. Coupons can be expired, but must be expired within the last six months. Pat mails coupons to military personnel in Germany. She also works with her church to share coupons with Marine families in Okinawa, Japan. Mail your unused coupons to Pat at 60 Hendrix Road #122, West Henrietta, NY 14586. For more info, contact Pat.

### ***BSMA NY#1 ongoing fundraiser***

*Keep collecting those used cell phones and toner cartridges from your printers. Also, any scrap metal, wire, old stoves, refrigerators, or other metal items are needed. We get cash for them! Please contact Bobbie Metcalfe.*

### **MARK YOUR CALENDAR!**

Farmer's Market at the Canandaigua VA starts June 21<sup>st</sup> and runs until October 11<sup>th</sup>. It is open on Tuesdays from 1:30 to 5PM.

BSMA Convention is August 3-6<sup>th</sup> in Dayton, Ohio.

Next BSMA NY#1 meeting is September 10<sup>th</sup>. Elections will be held at the October 8<sup>th</sup> meeting.

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Interested in contributing information for a future newsletter? The next newsletter will be published in September, 2016; the deadline is the 15<sup>th</sup> of the month. Please send MaryAgnes (mother of two Marines and godmother of a Soldier) an email at [mamcavoy@aol.com](mailto:mamcavoy@aol.com) should you wish to submit information. Please do check our website [www.bluestarmothersny1.org](http://www.bluestarmothersny1.org) for additional information, photos, and more.

