

April 2025

★ Blue Star Mothers ROC ★



We are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. We support each other and our children while promoting patriotism. Our organization focuses on our mission every single day and will never, ever, forsake our troops, our veterans or the families of our Fallen Heroes.

Meetings & Events

- * BSM Meeting:
April 19th @9:30am Henrietta Ely Fagan American Legion, 260 Middle Road, Henrietta NY
Remember to bring canned goods for VA Food Pantry to the mtg
- * Future Strong Stars:
May 5th @7-8pm Panera Bread 16 Courtney Dr. Fairport See page for 2025 dates
- * Women Veterans' Coffee House:
April 25th 5:30pm **Moose Lodge in Henrietta.**
RSVP to 585-210-9779
Notice change in location/date

Upcoming Events

- * Wreaths Across America Wreath Retirement Day **Rescheduled to April 12th** at 10am at Webster Union Cemetery
 - * Baby Shower April 27th
 - * CompeerCORPS Family Resource Day May 10th
 - * June Care Packages planned for June 21st at Webster Legion
 - * Scholars to Soldiers on Flag Day June 14th
 - * Garlic Fest Sept 6th & 7th
- Lots of ways to get involved!!!!**

Month of the Military Child

Many Blue Star Mothers are also grandmothers to military children and in April we celebrate the Month of the Military Child (MOMC). The April 2025 Month of the Military Child theme is **“Celebrating Military Children and Youth: Building Stronger Character and Relationships.”** Military children show bravery, fearlessness, and resiliency by adapting and meeting adversity head on in an ever-changing environment. There are more than 1.6 million military children who face many challenges and unique experiences as a result of their parents' service. While military members serve around the world, we can't forget the challenges faced by their children. Military families move on average every two to three years, impacting military children through changing schools and support networks. The symbol for the Month of the Military Child is the dandelion, representing the resilience and ability of military children to thrive wherever they are, and the color purple, which combines the colors of all military branches.



Supporting the VA Food Pantry

Support the Canandaigua and Rochester VA Food Pantry by bringing something for the Pantry to our monthly Blue Star Mothers meeting.

Pantry List

Canned chicken

Pasta

Rice-A-Roni Meals

Oatmeal

Canned Fruit

Reusable Shopping Bags

Canned Tuna

Pasta Sauce (glass/plastic jar or cans)

Peanut Butter

Cereal

Canned Vegetables

Veteran Crisis Line

**Call 988 and
select 1 or Text 838255**

**It takes courage
to talk about suicide.**



Celebrating Month of the Military Child

The Rochester Blue Star Mothers along with other local military/veteran organizations are hosting an afternoon of bowling for military children and their families. Annually the Rochester area has offered an activity like a day at the zoo, rock climbing, or bowling to military/veteran families. This year the activity is bowling and families will get to bowl and enjoy pizza, a beverage and a cake to celebrate the resiliency of their children during Month of the Military Child.



Celebrating the Month of the Military Child

Let's Go Bowling

Saturday April 12, 2025 11am-3:00pm

FREE Bowling for Military Children (up to age 18 years)
accompanied by a Military/Veteran Parent

2 Games, Shoe rental, Pizza, Soft Drinks, Cake Provided

Bowl-A-Roll 1560 Jefferson Rd, Rochester NY 14623

Space is Limited to 60 Bowlers

Need to Pre-Register Max of 4 Bowlers per Family

Pre-Register with any of the groups listed below

The VA: 585-364-9210

Vet Center: 585-393-7608

CompeerCORPS: 585-546-8280 x 207

Veterans Outreach Center: 585-295-7821

National Guard Family Program: 585-783-5310

NY National Guard Youth Program 518-786-4904



VA
Caregiver
Support



VET★**CENTER** EST. 1979

Connection.
Camaraderie.
Community.



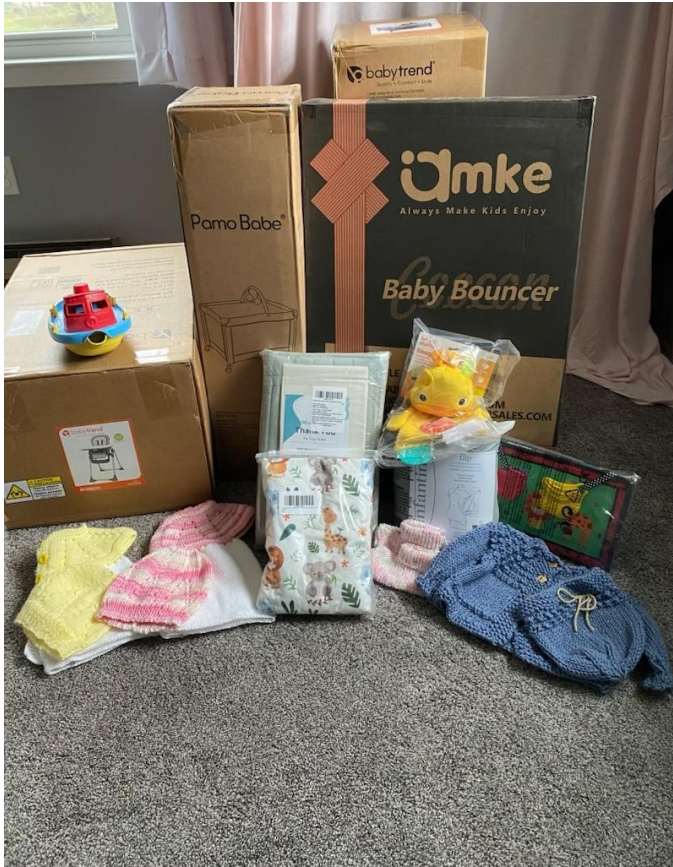
Compeer
CORPS
Friendship. Support.
Camaraderie.

2025 Blue Star Mothers NY8 Baby Shower

Honoring Military Families!



Here is just a small sample of what a military family can expect to be showered with when they attend the baby shower on Sunday, April, 27th. The Rochester Blue Star Mothers with the support of the community provide much needed supplies and equipment to military families expecting or celebrating the birth of child. There is still time to support the shower and send a gift.



Help Us.... Support our military past, present, and future!



SHOP FOR THE SHOWER

Sponsored by Rochester Blue Star Mothers NY8

- We are seeking new baby items for our annual local Blue Star Mothers NY8 Military Baby Shower.
- 20 local moms will receive a bountiful basket of new baby items.
- Search for Blue Star Mothers Baby Shower 2025 under "find a registry" or use the link to the right to purchase products from our Amazon Baby Shower Registry to support our local military families.
- For more information on the shower please visit the BSM NY8 web site at <http://www.bluestarmomsmroc.com>



Blue Star Mothers Baby Shower 2025
Baby Shower Registry Link below:

https://www.amazon.com/baby-registry/bluestarmothersbabyshower2025-ny8-april-2025-webster/2X32W2NDPTWFB?ref=as_mw_r_cp_usd_sp_54XB888BZ4PWEQWYVNCWX7_1



Veterans Faced with Cancer Support Group



2nd and 4th Tuesday of the Month
5:30-7 pm
255 Alexander Street
Rochester, NY 14607

For more information on joining our support group or our additional support programs call 585.423.9700 or visit us at www.cscrochester.org.



**Community is Stronger
than Cancer.**

Women's Health & Wellness Days

The VA Finger Lakes Women Veteran Program is planning their Women's Health & Wellness Days at area VA locations.

Wednesday, April 30, 2025, 2pm-6pm- Rochester Calkins Rd. VA Clinic: Susan B. Anthony Room,

Thursday, July 17, 2025, 10am-2pm- Bath VA: Building 92 Leisure Room

Tuesday, August 12, 2025, 10am-2pm - Canandaigua VA: Out-patient Building Vestibule



Quilts of Valor

Do you know someone touch by war? You can submit an application for them to be awarded a Quilt of Valor. A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, “Thank you for your service vice and sacrifice in serving our nation.” The Quilts of Valor Foundation began in



2003. Founder Catherine Roberts’ son Nat was deployed in Iraq. She dreamed of the despair he could be feeling and thought being wrapped in a homemade quilt would bring feeling of hope and well-being. The quilt had made this dramatic change. The message of my dream was: Quilts = Healing. To date 408,447 quilts have been awarded. To learn more about Quilts of Valor or to complete an application for someone deserving of a quilt, go to <https://www.qovf.org/>

Surviving Military Spouses Luncheon

If you are a surviving military spouse and would like to join with other military wid-



ows and widowers for lunch and open discussion and support, consider coming to the monthly lunch at Panera Breads, 1902 Monroe Ave, Brighton, NY on the second Thursday of each month from 1-3pm.



**Veteran
and Family**

**RESOURCE
FAIR**

11:00am to 2:00pm

**1239 University Ave,
Rochester, NY 14607**

**Saturday
May
10th**

Join us to learn more about programs and services available for veterans and families!

Vets and families welcome. Register by Friday, May 2nd to be entered into the Prize Drawing!
emedina@compeerrochester.org

There will be information covering:

- *Recreation*
- *Education*
- *Employment*
- *Women's health*
- *Behavioral health*
- *Caregiver support*
- *Kids programs*





MALE VETERANS GROUP

Connecting through camaraderie!
Enjoy a meal with fellow Veterans and meet
representatives from other organizations.

3:30 PM, 1ST WEDNESDAY
OF EACH MONTH



GOLDEN CORRAL
450 JEFFERSON RD

MUST RSVP TO
RYOUNG@COMPEERROCHESTER.ORG

Volunteer Opportunities

Our chapter grows and is able to help more service members, veterans and military families because of volunteers. We need the support of all members, associate members, and those thankful for our military to have successful events like The Veteran Stand Down, Lights of Honor, Care Packages etc. Please look at the opportunities below, see how you can help. Our kids stood up and volunteered, now we need YOU to do the same.

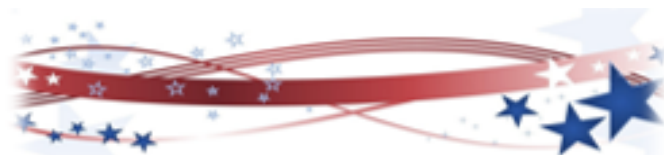
Military Baby Shower: April 27th, a community baby shower for military and veteran families expecting a child or have an infant less than 6 months old. Help needed: collect shower gifts, ask for donations, create baskets, support at event: decorating, picking up food items, welcoming moms, serving food, set-up/clean-up. Contact Amy VanDerwerken at president.ny8@bluestarmothers.us or Jill Harris at 1vp.ny8@bluestarmothers.us to volunteer.

Care Packages: Boxes packed/mailed in June & November to service members deployed overseas. Help needed: solicit postal addresses for deployed service members, collect care package items, promote our Amazon gift list for needed care package items. Friday night before packing: set-up of donated items. Saturday morning: put together mailing boxes, fill boxes, seal boxes. Contact Debbie Trevett at treas.ny8@bluestarmothers.us or Kathy Dodsworth at kdodsworth@frontiernet.net to volunteer.

Veteran Women's Coffee House: Monthly get-together for veteran women. Dinner is served. Help needed: preparing food for dinner, set-up/clean-up. CoChairs are Nancy Bird and Dory Braun. Contact Dory Braun at dbraun4@gmail.com to volunteer.

Webster Garlic Fest September 6th & 7th Contact Cherie Wood at WebsterGarlicFest@gmail.com to get involved in this stinkin good time.

Veteran Stand Down: Organized annually by Veteran Outreach Center in September for area veterans with information on community services, employment and support. Held during the day on Friday at the Public Market in Rochester. Help needed: serving lunch to veterans, staffing BSM table and handing out hygiene supplies, set-up/clean-up. Contact Amy VanDerwerken at president.ny8@bluestarmothers.us to volunteer.



Blue Star Mothers ROC NY8
1335 Jefferson Rd, #93272
Rochester NY 14692
Web: www.bluestarmomsroc.com
Facebook: Blue Star Mothers ROC
Phone: (585) 210-9779