

**March 2026**

★ **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

- \* **March 21st @9:30am**  
Henrietta Ely Fagan American Legion 260 Middle Rd Henrietta NY
- \* **Future Strong Stars**  
April 6th @7-8pm Panera Bread 800 Greece Ridge Center Dr, Greece. See page 6 for the 2026 schedule
- \* **Women Veterans' Coffee House** March 13th @5:30pm  
Moose Lodge on W. Henrietta Rd RSVP to 585-210-9779  
See page 9 for the 2026 schedule.

Upcoming Events

**Baby Shower**

Sunday, May 17th 11am-1pm



**Flower City Warriors**



The Rochester Blue Star Mothers are honored to support the Flower City Warriors with a donation to continue the incredible work they are doing for veterans in our community. The Flower City Warriors

mission is to provide a recreational hockey team for military veterans, active military, reservists, Guardsmen, and their family members in Rochester. They are a 501(c)(3), veteran owned, non-profit organization, formed to enhance veteran community engagement and provide veteran camaraderie supporting a return to civilian life. The organization's primary goal is to connect former and current military personnel with the support of the local community through competitive sport.



YOU'RE INVITED TO THE  
**LATINO MILITARY GOALITION**

INAUGURAL FUNDRAISING

**GALA**

*Saturday*

APRIL 25, 2026

5:30 PM - 8:00 PM

AVALON ROC

470 State Street • Rochester, NY

TICKETS \$50 EACH

SEMI-FORMAL | DINNER SERVED



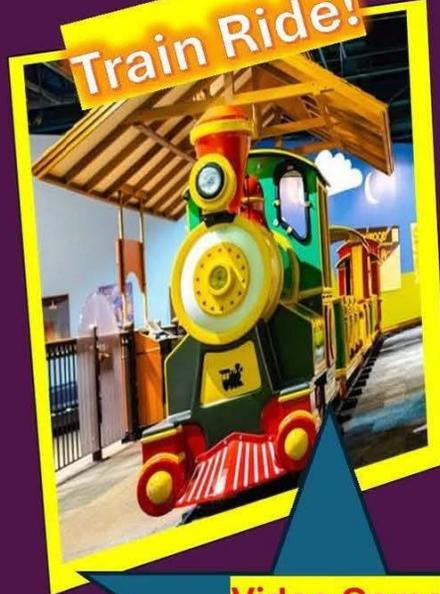
# Military Kids: Ready For Fun??

Butterfly Garden!



Strong  
Museum  
Of  
Play!

Train Ride!



Lunch

Provided!

April 12, 10 a.m.

Video Game

Hall Of

Fame!



Adventureland!

RSVP  
Required

Benjamin.

Pomerance@

veterans.ny.gov

Play Pals!



the strong  
NATIONAL MUSEUM OF PLAY



Department of  
Veterans' Services

Compeer.  
CORPS

2026 Blue Star Mothers NYS

# Baby Shower

Honoring Military Families!



**Who:** Active Duty, Veterans and Military Spouses of Active Duty & Veterans who are expecting or have children up to 6 months old.

**When:** Sunday, May 17, 2026 between 11:00am - 1:00pm.

**What:** Beautiful gifts for you and your baby including baby clothing, handmade outfits, diapers, baby supplies, and much more.

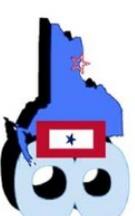
**FREE** for the first 20 women to register!!!

**Where:** American Legion Cottrell-Warner Post # 942  
818 Ridge Rd Webster, NY 14580

To register / additional information contact:  
**Baby Shower Committee Co-Chairs:**  
Amy VanDerwerken and Jill Harris  
email: 1VP.NY8@BlueStarMothers.US



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



## 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 2026** 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.bluestarmomsrc.com>



**Blue Star Mothers Baby Shower 2026**  
Baby Shower Registry Link below:

<https://www.amazon.com/baby-reg/bluestarmothersbabyshower2026-ny8-may-2026-webster/2X3SW2WDP7WF8>

*Thanks for your support!*

# 2026 Future Strong Stars



Come dine with us at Panera Bread locations, 7-8 p.m.

Help us in building bridges with the Families of all Branches of the Armed Forces.

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05 JAN	Henrietta	795 Jefferson Road
02 FEB	Gates	1501 Howard Road
02 MAR	Brighton	1902 Monroe Avenue
06 APR	Greece	800 Greece Ridge Center Drive
04 MAY	Fairport	16 Courtney Drive
01 JUN	Webster	935 Holt Road
06 JUL	Henrietta	795 Jefferson Road
03 AUG	Gates	1501 Howard Road
07 SEP (Labor Day)	Brighton	1902 Monroe Avenue
05 OCT	Greece	800 Greece Ridge Center Drive
02 NOV	Fairport	16 Courtney Drive
07 DEC	Webster	935 Holt Road

Blue Star Mothers: 585-210-9881 or [bluestarmomsroc.com](http://bluestarmomsroc.com)



## **We are Here to** **Support Each Other!**

The desire to be present and supportive for your child never fades, especially when your child is an adult serving in the military. As a parent, you naturally worry about their safety and well-being, feeling a mix of pride and concern. However, you may also experience feelings of loneliness, anxiety, and sometimes even helplessness, but it is essential to remember that your own emotional health matters too. By acknowledging and taking care of your own needs, you become an even stronger pillar of support for your service member(s).

Part of the Blue Star Mothers' mission is to provide support to each other. One of the most comforting and encouraging steps that you can take is to connect with other parents who are experiencing similar challenges. The Rochester Blue Star Mothers has a monthly support group called Strong Stars that meets the first Monday of the month from 7-8pm at various Panera locations in the greater Rochester area on a rotating basis. Come join us on a Monday night to have coffee and share in the support and pride of being a military family. Watching your child serve in the military can bring a range of emotions but we are here to support and encourage. If you find it more comforting to talk to another military mom one-on-one, we have several moms who have had their child deployed and have experienced the anxiety and worry surrounding their child's safety. Please feel free to reach out to Sue Louis at [seabeemom2003@gmail.com](mailto:seabeemom2003@gmail.com). She has experienced seven deployments combined between her two sons, one in the Navy and one on the ground in Iraq and Afghanistan.

Caring for your emotional well-being is not a sign of weakness - it is a crucial part of being the best support you can be for your child. Reaching out to other military parents and becoming part of a support group can provide comfort, understanding, and new coping skills. Together, we can navigate the unique journey of military parenthood, because you are not alone.

## Purple Heart State

On Tuesday, February 24, 2026 the New York State's Department of Veteran Services kicked off its campaign around the state's new official designation as a "Purple Heart State."



It started at the National Purple Heart Hall of Honor in New Windsor, built where George Washington awarded the first Purple Hearts over 200 years ago. The Purple Heart is more than a medal. It traces its roots to August 7, 1782, when George Washington created the Badge of Military Merit — a recognition of extraordinary sacrifice. Nearly two million Purple Hearts have been awarded since. Each one represents a story of courage that deserves to be remembered. The hall now stands as a place to learn and preserve the history of the award and the brave men and women who received it.

New York's new designation as a Purple Heart State officially recognizes the valor and sacrifice of Purple Heart recipients and affirms the state's commitment to supporting all who served through meaningful action.

In the main entrance to National Purple Heart Hall of Honor is this sculpture of a wounded soldier being carried to safety by two comrades.





# 2026 Veteran Women's Coffee House



*hosted by the Blue Star Mothers NY8*



***Gates Town Hall – Annex Room  
1605 Buffalo Rd.  
Rochester, NY 14624  
Time: 5:30 PM – 8:30 PM***

*A welcoming, casual gathering for **women veterans only** to connect, relax, and build community.*

*Enjoy a **free** light supper and refreshments in a safe, supportive, alcohol- and drug-free environment.*

## **📞 RSVP / MORE INFORMATION**

**Dory or Nancy – Co-Chairs, Women's Vet Coffee House**

**Phone: (585) 210-9881**

**Email: [BlueStarMothersROC@gmail.com](mailto:BlueStarMothersROC@gmail.com)**

## **2026 COFFEE HOUSE DATE**

- ***April 10th***
- ***May 8th***
- ***June 12th***
- ***July 10th***
- ***August 14th***
- ***September 18th***
- ***October 9th***
- ***November 13th***
- ***December 11th***

**Do you know how to get an emergency communication to your service member in when there is a death, serious injury/illness in an immediate family member at home?**

The Red Cross Hero Care Network provides easy access to emergency communication assistance for service members and their families 24/7/365



**Call Hero Care Center 877-272-7337**

**Go Online** to the Hero Care website  
[redcross.org/HeroCareNetwork](http://redcross.org/HeroCareNetwork)

**Download** for free from app store or text “GetHeroCare” to 90999

## **Supporting the VA Food Pantry For Veterans**

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	Canned Tuna
Pasta	Pasta Sauce (glass/plastic jar or cans)
Rice-A-Roni Meals	Peanut Butter
Oatmeal	Cereal
Canned Fruit	Canned Vegetables
Personal care items (soap, toothpaste, shampoo)	
Shelf stable milk or juice	
Reusable Shopping Bags	

# 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:** Annual in April, 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](mailto:president.ny8@bluestarmothers.us) or Jill Harris at [1vp.ny8@bluestarmothers.us](mailto: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](mailto:treas.ny8@bluestarmothers.us) or Kathy Dodsworth at [kdodsworth@frontiernet.net](mailto: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](mailto:dbraun4@gmail.com) to volunteer.

**Webster Garlic Fest** Annual in September. Contact Cherie Wood at [WebsterGarlicFest@gmail.com](mailto: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](mailto:president.ny8@bluestarmothers.us) to volunteer.

