

**March 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:  
March 15th @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:  
March 7th @7-8pm Panera Bread 800 Greece Ridge Center Dr, Greece NY See 2025 schedule on page 8
- \* Women Veterans' Coffee House:  
March 21st & April 11th 5:30pm  
**Moose Lodge in Henrietta**  
RSVP to 585-210-9779  
**Notice change in location**

## Upcoming Events

- \* Wreaths Across America Wreath Retirement Day **Rescheduled to April 10th** 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!!!!**

## **Baby Shower**

The annual community baby shower for military and veteran families expecting a child or have a child less than 6 months of age will be Saturday April 27th at the Webster Legion, 818 Ridge Rd, Webster NY 14580. This shower is free for the first 20 families that register. Families will be showered with baby supplies, clothes and diapers and must attend the shower, as items will not be shipped. You can support the shower by shopping for gifts for military families. See page 4 for a shower flyer and information on how you can shop for the shower.

A picture of what the families got at the 2022 Baby Shower



## 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**



Take the time  
**to recognize the  
signs of crisis.**

- Thinking about hurting or killing yourself immediately
- Looking for ways to kill yourself right now
- Talking about death, dying, or suicide in an immediate sense
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

## Veteran Crisis Line

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



**Monroe Powers  
#15**

The local DAV (Disabled American Veterans) has a new office located at  
**Ste 4 1239 University Ave  
Rochester NY 14607-1636  
Phone: (585) 451-5218**

# Lab Robes for Veterans

In 2007, Nancy Van Apeldoorn began a journey to honor her friend... "Wally". She founded Lap Robes for Veterans as a way to give back to those who sacrifice so much, and to say "Thank You for Your Service." What started as one, quickly turned into more than 10,000 lap robes in just 12 years with the help of more than 50 volunteers and support from the community. Walter H. "Wally" Gekoski died in 2007 at the age of 59 from complications of Agent Orange. Wally was a US Marine Veteran of the Vietnam War serving from 1966-1969, a 27-year member of the Kendall Volunteer Fire Department, a Medic and was a proud member of the Vietnam Veterans of America Chapter 20. Since 2007 the number of lap robes made and given to veterans has grown.

Many organizations are impacted by the donations of Lap Robes for Veterans: Honor Flight Rochester, Monroe Community Hospital, Fairport Baptist Nursing Home, Lifetime Hospice, and other numerous small hospices, many VVA Chapters in NY state, VA Facilities, Gold Star Mothers in NY, American Legions, VFWs, Richards House, Pricilla Place...just to name a few. Nancy is married to Bruce Van Apeldoorn, MSgt. USMC Retired. Nancy and Bruce moved to North Carolina in 2021. At that time two dedicated volunteers Patty Verhagen and Sue Morris offered to continue the organizations mission and vision. They joined the Board of Directors in 2021 assuming oversight and management

of the organization. Nancy continues as a board member and resource.

Lap Robes for Veterans is a nonprofit 501 (c)3 organization and if you would like to support their mission, checks payable to FLACE Lap Robes for Veterans and mailed to FLACE Lap Robes for Veterans, 1062 Railway Crossing, Webster NY 14580.



# 2025 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, April 27, 2025 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 Cottreal-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!



**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\\_54XB888BZ4PNEGIVYNCWXT\\_1](https://www.amazon.com/baby-registry/bluestarmothersbabyshower2025-ny8-april-2025-webster/2X32W2NDPTWFB?ref=as_mw_r_cp_usd_sp_54XB888BZ4PNEGIVYNCWXT_1)



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# Veterans Faced with Cancer Support Group



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

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For more information on joining our support group or our additional support programs call 585.423.9700 or visit us at [www.cscrochester.org](http://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

## Responding to an Urgent Local Need

The Rochester Blue Star Mothers with a number of community partners responded to an urgent need for National Guard Service Members mobilized to support missions in NY. Urgently needed were personal hygiene kits. In less than 5 days the personal hygiene supplies for 150 service members were assembled and packed. The generous community partners included the American Red Cross, CompeerCORPS, Veterans Upward Bound, The Sunny Mike Foundation, Eagle Star Housing, Veterans Outreach Center, Richards House, Warrior Salute, One Soldier at a Time, Aranov Ethan DDS, and Blue Star Mothers NY8.



## Surviving Military Spouses Luncheon

If you are a surviving military spouse and would like to join with other military widows 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](mailto:emedina@compeerrochester.org)

**There will be information covering:**

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



**CompeerCORPS**  
Friendship. Support. Camaraderie.



# 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](mailto: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.

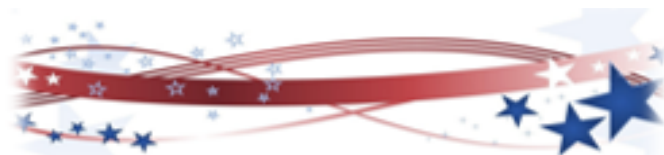
**Military Baby Shower:** April 27th, a community baby shower for military and veteran families expecting a child or have an infant less than 6 months old. Help needed: collect shower gifts, ask for donations, create baskets, support at event: decorating, picking up food items, welcoming moms, serving food, set-up/clean-up. Contact Amy VanDerwerken at [president.ny8@bluestarmothers.us](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** September 6th & 7th 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.



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

Compeer Corps Invites You to

★ ★ ★  
**BILLIARDS**



*East Ridge Billiards Bar and Grill*  
529 East Ridge Road Rochester, NY 14621

**2-4PM**



RSVP:  
[ryoung@compeerrochester.org](mailto:ryoung@compeerrochester.org)



# **BOWLING** *At ABC Gates Bowl!*



Thursdays @ 12:00pm  
645 Spencerport Rd, Gates, NY 14606  
RSVP to [ryoung@compeerrochester.org](mailto:ryoung@compeerrochester.org)

**Compeer**  **ORPS**

Friendship. Support. Camaraderie.