



# BLUE STAR MOTHERS OF AMERICA, INC.

## February 2023

Happy February!

Where did January go??

Well, Convention plans are coming together great, and the hotel is working with our committee to get all that we need.

I am getting excited to go to Nashville, I knew nothing about Nashville. I had no idea what Blue Bird Café was.....?

I turned to Hulu and binged watched Nashville; I now know why I need to go to the Blue Bird Café!!!

For more information, please check out the chatter in this newsletter.



I am happy to say we have been invited by AMVETS again to participate in Riding to Remember for Memorial Day. Right now, we have 35 members from BSMA attending. Other than our DC rep, Historian, and Patriotic Instructor, all members are paying for their own expenses. We will be staying at the same hotel as AMVETS, they will be feeding us for 3 days at a very low cost.

We will be attending the Gold Star Mothers wreath laying ceremony at the Vietnam wall on Friday evening.

We have a weekend full of sisterhood and supporting each other. Along with AMVETS we will be with our Gold Star Wives and Gold Star Mothers.

Stacy Anders, National President 2021-2023

### Contact Information for National Executive Board

**President: Stacy Anders ~ CA**

[president@bluestarmothers.us](mailto:president@bluestarmothers.us)

**1st VP: Rebecca Stafford ~ MO**

[1vp@bluestarmothers.us](mailto:1vp@bluestarmothers.us)

**2nd VP: Karen Stillwell ~ OH**

[2vp@bluestarmothers.us](mailto:2vp@bluestarmothers.us)

**3rd VP: Cheree' Barrett ~ TX**

[3vp@bluestarmothers.us](mailto:3vp@bluestarmothers.us)

**4th VP: Brenda Ternullo ~ CA**

[4vp@bluestarmothers.us](mailto:4vp@bluestarmothers.us)

### Recording Secretary:

**Marisol Gonzalez ~ CA**

[recsec@bluestarmothers.us](mailto:recsec@bluestarmothers.us)

### Financial Secretary:

**Sonya Kay~IL**

[Finsec@bluestarmothers.us](mailto:Finsec@bluestarmothers.us)

**Treasurer: Alethea Tennill ~ MO**

[treas@bluestarmothers.us](mailto:treas@bluestarmothers.us)

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***BSMA “Convention Chatter” January 2023  
Blue Star Mothers of America, Inc  
National Convention  
July 31 – August 4, 2023***

Preparations are well under way, again, for the 80<sup>th</sup> annual convention of the Blue Star Mothers of America, Inc.

The Millennium Maxwell House Hotel is ready for us to start making our reservations for Convention! The rates will be \$140.00 per night. The link is below.



Millennium Maxwell House Hotel  
2025 Rosa L. Parks Blvd  
Nashville, TN 37228

**\*\*Reservations will be through a dedicated link, do not call the hotel.**

<https://protect-eu.mimecast.com/s/bNdHCVj5SQ5716fQl6Sr?domain=res.windsurfercrs.com>

**SPECIAL CODE: BLUESTAR2023**

Remember, if you have any questions please email: [convention@bluestarmothers.us](mailto:convention@bluestarmothers.us)

Parking: Hotel parking is free for all guests.

There is no hotel shuttle service to or from the airport, but the shuttle will take us downtown if needed.

**SHUTTLE SERVICE:**

We are working with Supershuttle to transport us from the airport to the hotel and back to the airport.

Reservations will be required. The cost will be \$20.00 one way. Please contact Supershuttle at 615-625-5276 and ask for Mary.

Please remember that this is their busy season and others may also be requesting the shuttle, so it will be first come, first served. If you do not make your reservations in a timely manner, you may have to take a later shuttle.



**\*\*\*\*We are working on registration for members, vendors and sponsors. When we have it set we will let you know! \*\*\*\***

**Links will soon be available for:**

**CONVENTION REGISTRATION:**

**CONVENTION SPONSORS:**

Individuals and chapters will be able to sign up to be a convention sponsor.

**VENDOR REGISTRATION:**

We love to see what you have to share with all of us! More information to come.

**BIG DIPPER:**



## MEMBERSHIP UPDATE!!

Membership has not slowed down, which is a great thing! We are seeing an increase in new members joining online which is wonderful. This helps to streamline the process, and the turnaround time is much quicker for everyone. THANK YOU to those Chapters who are encouraging their new members to use this option.

Don't forget to issue your Membership Cards, these are located on our website ([bluestarmothers.org](http://bluestarmothers.org)). Simply Click on Chapter and Department Resources located in the Red Box on the right-hand side of the page, then scroll about halfway down to Membership Cards. Once you open this PDF, it can be downloaded and completed prior to printing. We are discovering that some businesses will provide a small discount if you are a Blue Star Mother ..... don't be afraid to ask.

If your Chapter accepts a Members form to be submitted through the Chapter Dues function on our website:

- PLEASE make sure the application is complete with name, address (including City/State/Zip), email address and phone number. Applications cannot be processed without this information.
- PLEASE ensure the scan is legible and clear.
- PLEASE attach the application to the Chapter Dues submission. Attachments are a newer function this year, but it is much easier to locate the application when it is attached instead of submitting a separate email.

If you renewed your Membership online, PLEASE remember to print your receipt and provide a copy to your Chapter for their records.

Again, if you are having issues renewing, please do not join as a new member, simply reach out to [1VP@bluestarmothers.us](mailto:1VP@bluestarmothers.us) ~ I am happy to help!

If you need anything membership related, please feel free to contact me. I am on Central Time, but I will get back with you just as soon as possible.

HAPPY VALENTINE'S DAY my sweet Sisters!!

Yours In Service,  
Rebecca Stafford  
National 1VP  
[1vp@bluestarmothers.us](mailto:1vp@bluestarmothers.us)



# 2023 Yearbook

All Yearbook photos must be sent to the email:

*Yearbook@bluestarmothers.us*

Start Planning to send:

Recent Chapter group photos related to the mission;  
no more than four or five photos per Chapter

Please send just one photo of your child, Active Duty  
or Veteran

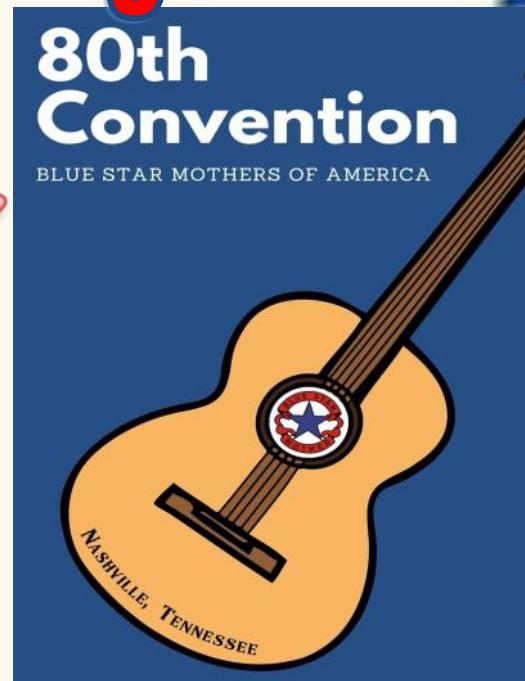
Send Blue Daisies not already sent to the 2ndVP

Gold Star Mothers Children

Veteran Mom photos

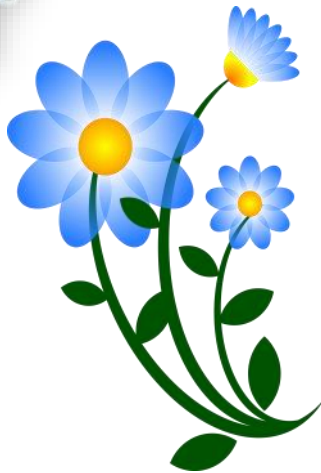
Look for more details coming soon!

## Details Coming Soon



## See You In Nashville

# Blue Daisy



On December 3, 2022, our beloved friend and Blue Star Sister, Susan Osgood went to be with her Lord and Savior in Heaven.

Susan had been a Founding Member of the Soaring Eagle Blue Star Moms in Susanville, California since 2009, and a Member of the National Blue Star Mothers of America Inc., for 14 years, and a very Proud Marine Mother of Dwayne Osgood.

Susan was dedicated not only to her Country, but also to the County of Lassen and the Susanville Community. She was a good friend, American and Patriot.

There will not be a Memorial Day that we won't search for her in the crowd.

We will miss Susan, her Boston accent, her Facebook Likes, Shares and seeing her and her daughter Kerri together at our Blue Star mom events.

Forever your Soaring Eagle Blue Star Sisters.

# Susan Osgood CA 22



# Blue Daisy Carrie Ebert OH 9

Carrie Kay Ebert, age 69, died Tuesday, February 7, 2023. Carrie was a beloved wife, mother and grandmother. She was a past officer and endeared member of OH 9 since 2011. Even while fighting her battle with cancer, Carrie continued alongside her loving husband Gene to participate in Chapter activities. She will be missed by many, but will continue to be with us in spirit here in Ohio. Her dedication to serving our Chapter continues on in death with her spirit of enthusiasm for Blue Star Mothers and her gift of donations.



# Blue Daisy



# Tonya Hull IN 14





# Lone Star Chapter 6 DFW, TX



*Betsy Morgan, our long-time member, friend and Blue Star sister passed away January 25th, 2023. She came to BSMA Lone Star TX6 while her son Mike was in the US Army reserves after completing his active-duty service and stayed with us when he became a veteran. She spent 12 years helping us pack boxes, fundraise, and showing her love to our service members.*



*May the peace that comes from the memories of love shared, comfort you now and in the days ahead.*

*The son of our Blue Star sister, Linda Garcia, lost his battle with PTSD on September 23rd, 2022. When **Christopher Lee Garcia** left high school in 2002, he dreamed of serving in the US Army. He served for 10 years including 3 deployments to Iraq. He left the Army the multiple medals and citations. He was a true patriot. He is survived by his 3 sons, parents, brothers and a very large family.*

### **Recent Chapter Events:**

- 01/21 – Pick up wreaths
- 01/26 – Monthly Chapter Meeting

### **Upcoming Chapter Events:**

- 02/18 – Flag distribution - President's Day
- 02/23 – Monthly Chapter Meeting
- 02/25 – Flag pick up - President's Day
- 02/25 – Chapter Board Meeting
- 03/07 – Texas Blue Star Mother's Day
- 03/18 – N. Tx BSMA Get-together
- 03/xx – Gold Star Event in Tyler (date TBA on Facebook)

**Please follow us on Facebook!**

*Blue Star Mothers-Lone Star Chapter 6- DFW,Tx*



**Blue Star Moms across America treat & honor our Veterans at our local VA Medical Centers!**



At one event, veterans were recently treated to new socks, oranges & other snacks, cards, hand sanitizers, 2023 calendars and more! We love our vets!



### *Valentines-4-Vets*

Blue Star Moms collect Valentines to let vets know they are remembered all year round, not just on Veterans Day!



# Themed Treats at the VA

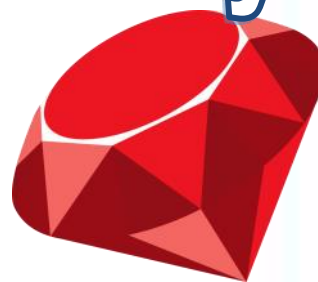
# Beautiful Ruby



**Purchase Today**

Limited Availabilty

Only \$16.00



Click Now To Online Store

# SACRAMENTO BLUE STAR MOM



	20 BOXES SHIPPED TO USO	'42 THE YEAR IT ALL STARTED	51 CASES OF RAMEN DONATED	70 BUNCO GUESTS
11 NOVEMBER VETERAN DAY		31 RAFFLE BASKETS DONATED	50 STARS ON THE FLAG	63 VETERANS HELPED IN PUERTO RICO
7 CA CHAPTER	30 DOLLARS ANNUAL DUES		47 THANK YOU LETTERS SENT	75 CASES OF GIRL SCOUT COOKIES
3 ANNUAL PACKING EVENTS	16 SNACKS IN CARE PKGS	37 CASES OF FRUIT CUPS		61 SBSM MEMBERS
4 TH TUESDAY MEETING	24 SEPTEMBER GOLD STAR MOM DAY	45 BOXES OF TOYS DONATED	59 CASES OF ALMONDS DONATED	



# Central Valley Blue Star Moms CA10

CA10 has stayed busy this month. A few of our activities have been:

- Sending Valentines to our military. It's our way of showing them they are not just thought about at Christmas with our Christmas Package Drive; but we are thinking about them and praying for them all year long.
- Next up we showed some love to our Veterans. Our South Valley American Legion has been having a hard time, losing a few members and others being sick so we joined them for their monthly meeting and provided them with a nice dinner and some BSM love to let them know we support them and are here for them.
- Then came our Clovis Memorial Districts Annual Sweethearts Dance. We joined other local Veteran organizations in providing snacks for all the dancers while they danced the afternoon away.





# CA 22 Tribute



# Veteran Events



Parade 2010



2011

# Blue Daisy Susan Osgood



Veteran Dinner 2011



Memorial Day 2015



# Santa Cruz CA 26

## Caring for Our Veterans



# Prepared Boxes filled with Love

# FL 15

## Gold Star Banner Presentation

January 15, 2023

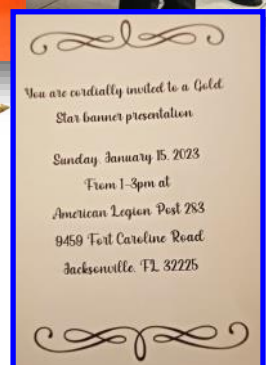
At the September Gold Star Mother Sunday, a Gold Star banner was presented to Mr. and Mrs. Plant. At this ceremony numerous Mothers said after the ceremony that they had never received a Gold Star Banner. President, Junnie Watson, of our First Coast Blue Star Mothers Florida chapter 15 told them we would get the banners for them and a date to present them.

On January 15, 2023, five (5) Gold Star Banners were presented to Gold Star Mothers at the Jim J. Gilleo American Legion Post 283 in Jacksonville Florida. Twenty five (25) people were in attendance including Auxiliary Unit President Yvette Moore, National Security Chairperson, Nancy Patterson as well as five (5) other members of the Auxiliary. Seven (7) Members of the First Coast Blue Star Mothers were in attendance as well as one husband. Also attending was the S.O.S. Army Liaison Keith Hamm, who was instrumental in getting the invitations out as well as setting up the event on Eventbrite for RSVP.

The Blue Star Mothers in attendance took care of the sign in book, handed out programs and greeting each family and helped place the pictures and written story of their child on the special table at the front of the room. The banners were presented by President, Junnie Watson, and 1<sup>st</sup> Vice President, Suella Reynolds. After the banner presentation, each Mother was ask to speak about their child to put a person to the picture and story. After the ceremony those in attendance were served a light lunch.

In sending out the invitations to this event, we found other Mothers who had not gotten a Gold Star Banner for their loss. At the September 2023 Gold Star Sunday, there will be more Gold Star Banners presented to the Mothers who were unable to attend this event.

We would like to thank everyone who helped make this event happen, from the ladies who helped decorate, work, serve, meet and greet, and the Legion for the use of the facility. Everyone helped make this sad event a memorable day for these mothers and family members whose child paid the ultimate sacrifice.





Chicagoland IL6 recent projects:

Collecting and packing travel size toiletry kits for Hines VA and for all three USOs at Chicago O'Hare and Chicago Midway airports!

Partnering with our local Rocky Mountain Chocolate Factory in their Sweets for Service campaign and donating all the chocolate bars collected to the three USOs at O'Hare and Midway!

Getting our Cookies for Troops Campaign going to collect Girl Scout Cookies and any other cookies so our troops traveling through the USOs at O'Hare and Midway will have these treats waiting for them soon! Many of our local stores are partnering with us and donating cookies for this project.



## Chicagoland Blue Star Mothers IL6

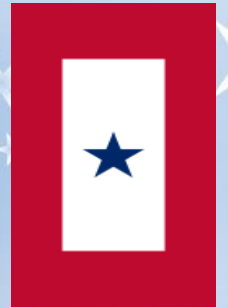


MD 3 created custom mugs



celebrating Blue Star Mothers Day

National Blue Star  
Mothers Day, Feb. 1st



# MN 13

We made Valentine's for Veterans in a local care facility at our February meeting. We also had the help of some elementary classrooms



In November our chapter participated in the Wright County Historical Society Festival of Trees. We decorated a white tree patriotically with festive ornaments, dog tag photos with our heroes pictures on them and a smaller white tree honoring Gold Star Mothers. In January we found out that our trees took first place! Congratulations!



On February 3 we celebrate 15 years as a chapter. On February 4 we hosted a celebration at the Monticello VFW. Our president played the Blue Star Mothers song and a congratulatory video from National President Stacy. The past Department Presidents Pattie Kelley, Jeanne Ullmer and Lucie Cuts we in attendance as well as current Department of MN President Karla Keller. Past Department President Dottie Sills sent a congratulatory message that was read by chapter President Jen Pecarina. Jen gave a speech telling about how Blue Star Mothers was formed and her own personal story about founding the chapter and the struggles had in the beginning. At the end she read a poem that had been written by one of the chapter charter members, Laurie Manderly. Appetizers, fruit, veggies, cookies, beverages and cake was served. 26 people attended including past and current members, potential members, associates and past department presidents. It was fun reminiscing through the photos.

**PINE CITY BLUE STAR MOM'S  
CHAPTER 16, PINE CITY MN**



**Hoping everyone had a safe and blessed Holiday Season. Our “small but mighty group” enjoyed family time the past 2 months and our annual Christmas Party. We also made a deliver on January 21<sup>st</sup>, to Linden Grove Apartments for Veterans in St. Cloud MN. We delivered essential items for new and existing residents to help support them as they are transitioning into their new homes and lives.**





# BUFFALO-NIAGARA CHAPTER NY7



2023 Chapter NY 7 Executive Board



Spectrum Employee Community Grant Check Presentation to BSMNY7



Wreaths Across America at St Mathews Cemetery West Seneca NY and National Veterans Cemetery, Corfu NY.

Friday January 27, 2023

TIME	HOME TEAM	AWAY TEAM
5PM-6PM	Laborers #232	Carpenters #173
6PM-7PM	Electricians #15	Electric Contractors #14
7PM-8PM	CSA # 1122	Electricians #41
8PM-9PM	Plumbers/Steamfitters #22	Sheetmetal Workers #73

Join Collins & Collins Attorney for Happy Hour @ 5!

Saturday January 28, 2023

TIME	HOME TEAM	AWAY TEAM
5AM-5AM	Electricians #41	Carpenters #73
10AM-11AM	Sheetmetal Workers #73	Ironworkers #6
11AM-12PM	CSA # 1122	Plumbers/Steamfitters #22
12PM-1PM	Laborers #232	Electric Contractors #14

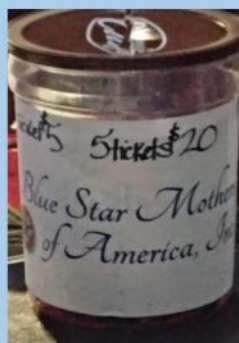
OPEN SATE All Welcome

Saturday January 28, 2023

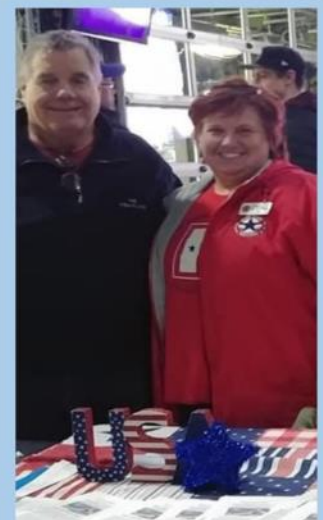
TIME	HOME TEAM	AWAY TEAM
2PM-3PM	Plumbers/Steamfitters #22	Carpenters #273
3PM-4PM	Laborers #232	Electricians #41
4PM-5PM	Electric Contractors #14	Sheetmetal Workers #73

Sunday January 29, 2023

TIME	AWAY TEAM	HOME TEAM
5AM-5AM	Team #1	Team #4
10AM-11AM	Team #2	Team #3



BSM NY7 had the honor of being chosen as the recipient of the proceeds from the 6th Annual Buffalo Building Traders Hockey Tournament & 50/50 Raffle to benefit our Care Packages.



## Buckeye Military Moms OH9

Winter greetings to all, although it will soon be spring! Here in Ohio, we do have spring bulbs coming up, although snow will cover them soon, we're sure!

We continue our mission to pack and send as many boxes as possible to deployed troops!



Our Chapter also works our mission by volunteering at our local

VA medical center with themes such as "Sock It To Me," handing out goodies that included bags of socks, and will be celebrating Valentine's Day at the VA center, as well, having made or collected hundreds of Valentines for distribution to our local veterans.



It's with a sad heart to inform you that we lost one of our long-time members at the beginning of February, 2023. Carrie Ebert was a dedicated and kind member with our Chapter, and she will be dearly missed.





**Southwestern  
Pennsylvania**  
Chapter PA16

- Attended All Service Academies Ball
- Hosted guest speaker, Ron Bogolea - BTHT War Memorial
- Participated in Wreath Retirement



*Chapter Member  
Janine Gould  
with her son*



*Chapter Member  
Shauna Braun-Zukowski  
with her son*



**WREATHS across AMERICA**  
*Wreath Retirement!*



PA

203



At our first meeting of 2023, we accepted donations from the Youngsville Auxiliary and from a Christmas tree sale.

We could not achieve all our projects in our mission without our community's generosity and support. The love is truly shared for our Active Military and Veterans.

1/31/23 our talented ladies began to work on Merry Stockings. They are included in our Christmas in July Packaging for our Troops.

2/9/2023 blankets and Valentine balloons were delivered to 82 Nursing Home Veterans.

2/13/2023 a special City Counsel meeting was held concerning our hometown hero banner project. Our president, Skyla Govier, has been diligently working on this project. The logistics and legalities have brought in a necessity for patience in this process. Last year, 14 banners were hung. We have over 100 people on a waiting list. We're determined and excited to see this accomplished. We look forward to seeing our town decorated with our local heroes.



## UPCOMING EVENTS:

- 2/25/2023  
Celebrate our chapter's 4th anniversary at our monthly meeting
- 3/24/2023  
Masquerade for Military Ball
- 3/25/2023  
Monthly meeting
- (April: TBD)  
Roller skating for Active Military and Veteran kids
- (April: TBD)  
Annual donation breakfast
- (April: TBD)  
Nursing Home Veteran project delivery



# GREENVILLE UPSTATE



## Blue Star Mothers



### QUILTS OF VALOR

At our January meeting, chapter member Susan Luttrell shared with us the beautiful quilt that she had commissioned for her son, United States Army Sargeant First Class Brian Luttrell, which will be presented in an upcoming Quilts of Valor presentation.

### MILITARY COMMUNITY OUTREACH

On January 28th, our chapter participated in the SC Army National Guard deployment crash course event. The families of recently deployed troops attended the event to learn about community resources available to support them during and after deployment. Our chapter president, Wendy Smith, presented to the families the history of the Blue Star Mothers, information about our chapter and our work, and how to join or volunteer. It was an excellent opportunity to network and cultivate partnerships with other organizations in our community that support our troops and veterans. We were excited to add three new members to our chapter roster!



[www.greenvilleupstatebsm.com](http://www.greenvilleupstatebsm.com)

# Coastal Carolina SC 8



We started with Wreaths in 2010. The cemetery had 9200 graves at that time. That includes 4 Mass Graves from the Civil War which contain approx. 2000 remains. They are in trenches and this year we were able to place multiple wreaths in a row over the 4 trenches. Not 2000 but a dignified representation to show we care. In 2010 we only had 1500 wreaths sponsored. Here we are 12 years later and we covered every single stone and marker, with the wreaths on the trenches! It was the most beautiful thing to see. I had tears looking at the wreaths. There are currently over 15,000 buried there now.





## WILCO BLUE STAR MOTHERS TX15

The second quarter of 2023 kept us very busy with all our Holiday Activities. We love serving our community and our veterans and active duty



We are proud to fly our flags to honor our country and our Gold and Blue Star Mothers



Breakfast with Santa is always a great community outreach. We partnered with American Legion Post 911 on this great activity



Such a great group of ladies who donated their time to help Santa make it a great day for the children.



Our own BSM Christa Fica was asked to place a wreath for the US Space Force. What an honor for her



Wonderful time of sisterhood and painting. Everyone had such a great time and the paintings look awesome!



We played Santa's Helpers for our VAV's project stuffing stockings for our veterans in house.



We had the honor of carrying wreaths to honor the fallen at the Central Texas State Veterans Cemetery for Wreaths for Vets



Had a great time at our Annual Christmas Party



First Annual Survivor's Outreach Holiday Camp for our Gold Star Families

It's been a fun filled and special quarter and we are proud to have been a small part of it.

Submitted by Greta Moore, 1stVP WilCo BSM

# Blue Star Families of Richmond, VA2

Several members at our annual Christmas party.



Members of VA2 and VA4 participated in Holiday Block Leave at Richmond Airport where service members from nearby Ft. Lee and Ft. Eustis go home for the holidays. Major General Mark Simerly from Ft. Lee came to the airport to offer wishes of Happy Holidays and Safe Travels. Papa John's provided pizzas to the departing service members.



Notes and pics from recipients of our Treats for Troops care packages.



SHEA  
no seriously tho I want ur mom to know how much this means to me! I'm so thankful for her and her willingness to go out of her way and give to all of us and make us feel special during the holidays. Seriously brought me to tears reading those sweet letters from those kiddos, let her know I'm praying for her and ur family during the holidays! ❤️



**BLUE STAR MOTHERS**



**FREDERICKSBURG CHAPTER VA4**



We celebrate "14" years of service on February 14, 2023, because five mothers with a heart of love for their military sons came together to charter the VA4 Chapter. At the February meeting, the Chapter will commemorate this historic occasion.



We presented a plaque to the Rappaprt Management Company in recognition of their support to the VA4 Chapter.



VA4 Members at the Giant grocery store collecting care packing items.



Members supporting the Semper Fi & Americas Fund at Patriots Subs.



Veterans Valentines Cards delivered to several of the local assisted living facilities.



WISCONSIN BLUE STAR MOMS CHAPTER 1

CRAFTS UNDERWAY  
PREPARING FOR  
OUR FUNDRAISERS!



CRAFT FAIR!



We are meeting at a new location- Veteran's Village Community Room. As a thank you, we left 80 treat bags for Valentine's Day and Super Bowl Sunday!



# BLUE STAR MOTHERS SE WI 2



## FEBRUARY 2023 NEWSLETTER

### Upcoming Events

#### BSM Apparel Sale

Now through  
March 5<sup>th</sup>

#### Hand Fused Glass Fundraiser workshop

Feb 18<sup>th</sup> 1-4pm &

Feb 19<sup>th</sup> 1-4pm

#### Veterans Treatment Court

April 3<sup>rd</sup> at 3pm

#### Cooking Class Fundraiser

May 1<sup>st</sup>

#### Blue & Gold Star Byway Marker Dedication

May 13<sup>th</sup> at 10am

At our first meeting of 2023 one of our agenda items was to discuss the 50<sup>th</sup> anniversary of the Vietnam War and the Commemorative Partner Program. One of the objectives of this program is to thank and honor veterans of the Vietnam War.

We had the special honor of participating in an impromptu ceremony recognizing one of our newest member Barb, who is the surviving widow of a Vietnam Veteran. Pictured below is the pinning, as well as the beautiful pin.



There were several fun events and fundraisers for our group this past month. The first was a Pampered Chef fundraiser in which we were honored to gift a complete Pampered Chef knife set, peeler set, utensil, scissors and cutting board mat set to the Union Grove Veterans Center Fairchild Hall. Our 2<sup>nd</sup> fundraiser, was held at Board and Brush in Oak Creek, WI.

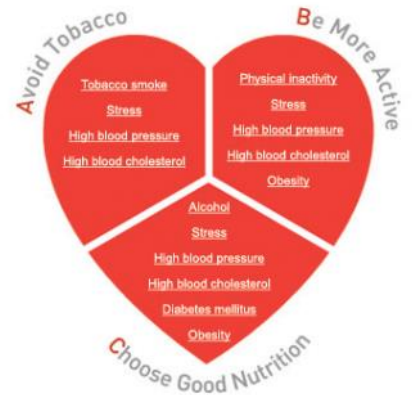


# Department of MN



Here in Minnesota we celebrate everything, even winter. Four Blue Star Mothers from MN11 and MN7 braved sub zero weather to celebrate at the Winter Carnival. It is an annual event of ice fishing, beard growing, ice carving, Klondike Kate Contest, medallion search and of course a Grand Day Parade! It's the "Coolest Celebration on Earth." Debbie, Karla, Denise and Jeanne walked behind the Color Guard to start off the parade. It is always an honor to spend the day with our friends from the Arcade Phalen Legion. On Feb 4th we celebrated the 15th Anniversary of Chapter MN13, four past Dept. Presidents attended. Congratulations Wright County Area Blue Star Mothers! May you have many more years together! Wishing you all a Happy Valentine's Day!

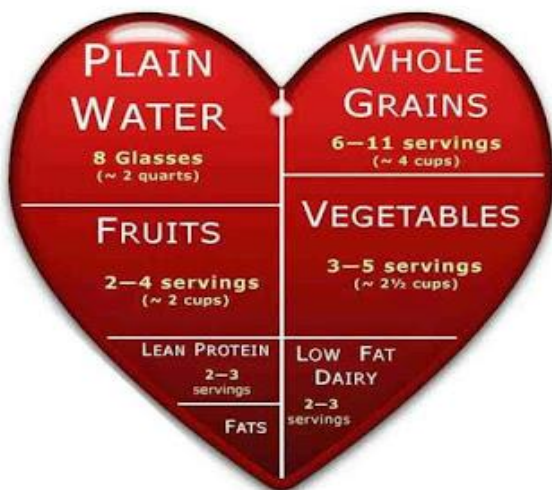


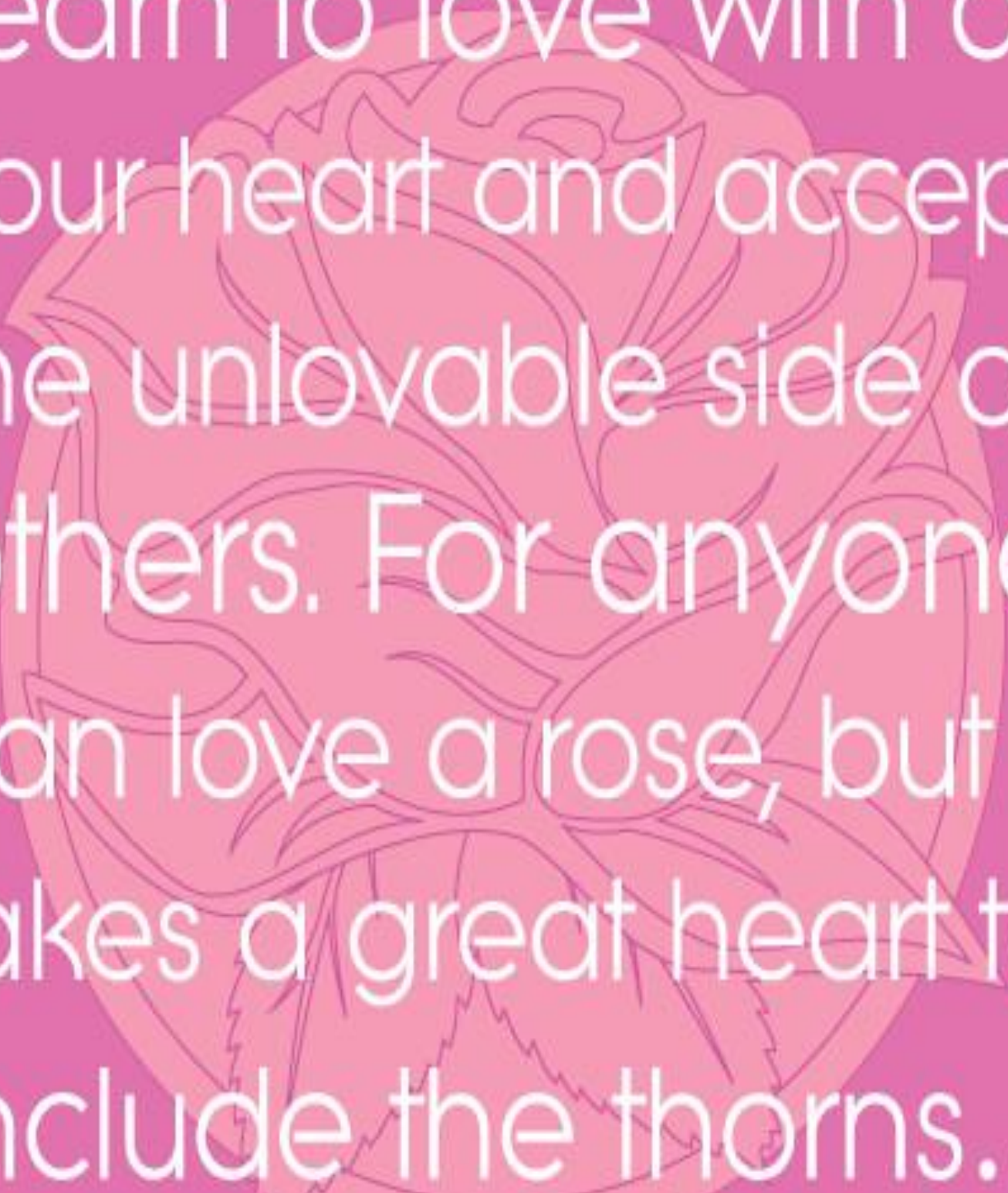


# Self Care



# Heart Health Awareness





Learn to love with all  
your heart and accept  
the unlovable side of  
others. For anyone  
can love a rose, but it  
takes a great heart to  
include the thorns...

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)

**GOD,  
GRANT ME THE  
SERENITY  
TO ACCEPT  
THE THINGS  
I CANNOT CHANGE,  
THE COURAGE  
TO CHANGE  
THE THINGS I CAN,  
AND THE  
WISDOM  
TO KNOW  
THE DIFFERENCE.**