

VETERANS OF FOREIGN WARS OF THE UNITED STATES  
DEPARTMENT OF CONNECTICUT



TESTIMONIAL DINNER  
HONORING

*State Commander, Dominick S. Cortese*  
and  
*State Auxiliary President, Kim McCarroll*

SUNDAY OCTOBER 17, 2021

in

The Grand Ballroom of the Rocky Hill Sheraton Hotel  
100 Capital Blvd - Rocky Hill, Ct.

Our Special Guest for the Testimonial will be The VFW Inspector General Paul Lloyd of New Hampshire.

**\$40.00** PER-PERSON

Menu

Your Choice of \*\* Choice New York Strip W/Steak Butter  
\*\*Seared Sea Bass in Lobster Dill Sauce  
\*\*Chicken Marsala

Accompanied with:

\*\* Mystic Pear Salad w/Spiced Pecans, Grapes, Pear Slices, Crumpled Bleu Cheese and Dressing \*\* Roasted Zucchini w/ Tomato Sauce \*\* Sweet Potato Mash \*\*Fresh Baked Dinner Rolls and Sweet Butter \*\*Coffee - Decaf and Assorted Specialty Teas \*\*Dessert: Blueberry Cheesecake

Cash Bar Cocktail Hour at 12:00 Noon

Dinner Served at 1:00 pm

**LET'S HAVE A REPRESENTATIVE FROM EVERY POST AND AUXILIARY TO SHOW OUR SUPPORT FOR OUR STATE COMMANDER AND PRESIDENT**

PLEASE SEND ME \_\_\_\_\_ TICKETS AT \$40.00 EACH.  
A CHECK FOR \$ \_\_\_\_\_ IS ENCLOSED.

POST / AUXILIARY # \_\_\_\_\_ NAME \_\_\_\_\_  
STREET: \_\_\_\_\_ ZIP: \_\_\_\_\_

MY / OUR MEAL SELECTION(S) ARE BEEF \_\_\_\_\_ FISH \_\_\_\_\_ CHICKEN \_\_\_\_\_

A GLUTEN FREE MEAL \_\_\_\_\_ A VEGETERIAN LASAGIANA MEAL \_\_\_\_\_

**Cutoff date to order your tickets is Wednesday October 13th**

Mail to: VFW  
P.O. Box 429  
Rocky Hill, 06067



Connecticut as of Friday, October 1, 2021

City	Post	Dst	Div	Total	Pri Yr	Need	%
OAKVILLE	7330	5	3	426	537	111	79.32%
STRATFORD	19460	1	4	273	344	71	79.36%
JEWETT CITY	10004	4	4	211	272	61	77.57%
NAUGATUCKET	1946	2	5	190	199	9	95.47%
DANBURY	149	1	5	203	225	22	90.22%
WILLIMAN	1724	4	5	167	201	34	83.08%
DEVON	7788	2	5	170	215	45	79.06%
NORWICH	594	4	5	153	196	43	78.06%
WALLINGFORD	591	2	5	146	195	49	74.87%
EAST HAMPTON	5095	6	5	148	202	54	73.26%
NEW MILFORD	1672	5	5	144	201	57	71.64%
PAWCUTT	1265	4	5	138	199	61	69.34%
PRESTON	9452	4	5	129	194	65	66.49%
MONTVILLE	10060	4	6	149	179	30	83.24%
MANCHESTER	2046	3	6	147	178	31	82.58%
WINDSOR	6123	3	6	127	156	29	81.41%
WESTPORT	1399	1	6	125	155	30	80.64%
MYSTIC	3263	4	6	141	179	38	78.77%
WEST HARTFORD	9929	3	6	138	179	41	77.09%
NEW BRITAIN	511	3	6	130	178	48	73.03%
PLAINFIELD	5446	4	6	119	163	44	73.00%
WATERBURY	201	2	6	119	170	51	70.00%
PUTNAM	1523	4	6	109	177	68	61.58%
CANAAN	6851	5	6	109	182	73	59.89%
OLD SAYBROOK	10153	6	6	90	159	69	56.60%
NOROTON	6933	1	7	106	123	17	86.17%
NEWTOWN	308	1	7	98	117	19	83.76%

0

City	Post	Dst	Div	Total	Pri Yr	Need	%
WOLCOTT	1979	2	7	105	134	29	78.35%
PLAINVILLE	574	3	7	99	128	29	77.34%
YALESVILLE	9965	2	7	104	136	32	76.47%
ROCKY HILL	2138	3	7	101	136	35	74.26%
AVON	3272	3	7	78	112	34	69.64%
MIDDLETON	583	6	7	79	122	43	64.75%
WINSTED	296	5	8	97	110	13	88.18%
BERLIN	10732	3	8	85	102	17	83.33%
EAST HARTFORD	2083	3	8	74	90	16	82.22%
WATERBURY	5157	5	8	86	109	23	78.89%
NEW LONDON	189	4	8	84	107	23	78.50%
NIANTIC	5849	4	8	73	93	20	78.49%
CANTERBURY	10688	4	9	74	80	6	92.50%
OLD LYME	1467	4	9	67	73	6	91.78%
PROSPECT	8075	2	9	66	77	11	85.71%
WATERFORD	6573	4	9	66	85	19	77.64%
MADISON	2096	2	9	52	68	16	76.47%
GUILFORD	7666	2	9	58	77	19	75.32%
ELLINGTON	10689	3	9	58	83	25	69.87%
NEW HAVEN	12150	2	9	60	86	26	69.76%
TRUMBULL	10059	1	9	54	80	26	67.50%
CLINTON	9918	6	9	45	68	23	66.17%
BRANFORD	12106	2	9	42	71	29	59.15%
BROOKFIELD	10201	1	10	57	67	10	85.07%
NORWALK	603	1	10	48	58	10	82.75%
NEW CANAAN	653	1	10	48	58	10	82.75%
WATERBURY	7790	2	10	45	56	11	80.35%
SIMSBURY	1926	3	10	45	56	11	80.35%
SOUTHBRIDGE	1607	2	10	39	51	12	76.47%
EAST KILLBUCK	4908	4	10	47	62	15	75.80%

WINDSOR 4740	3	10	44	61	17	72.13%
HAMDEN 10321	2	10	41	57	16	71.92%
HARTFORD 254	3	10	37	52	15	71.15%
STAMFORD 9617	1	10	40	58	18	68.96%
THOMPSON 10088	4	10	33	56	23	58.92%

Division 11 Upper (31 to 50)

City	Post	Dst	Div	Total	Prior Y	Need	Percent
SALEM 2774	4	11	35	36	1	97.22%	
LEDYARD 4608	4	11	40	48	8	83.33%	
EAST HADLEY 3336	6	11	31	39	8	79.48%	
SUFFIELD 9544	3	11	37	48	11	77.08%	
HEBRON 8776	3	11	35	46	11	76.08%	
PORTLAND 6121	6	11	33	45	12	73.33%	
ANSONIA 597	2	11	29	41	12	70.73%	
ESSEX 6726	6	11	26	37	11	70.27%	
HIGGANSETT 10690	6	11	25	36	11	69.44%	
TAFTVILLE 2212	4	11	26	40	14	65.00%	
SHELTON 10466	1	11	21	33	12	63.63%	
WEST HAVEN 9422	2	11	29	46	17	63.04%	
STAFFORD 9990	3	11	31	50	19	62.00%	
BRIDGEPORT 10273	1	11	22	36	14	61.11%	
SOUTH WINDSOR 10251	3	11	26	43	17	60.46%	
CHESHIRE 10052	2	11	23	40	17	57.50%	
COS COB 10112	1	11	19	36	17	52.77%	
FAIRFIELD 9427	1	11	19	44	25	43.18%	

Division 11 Lower (15 to 30)

RIDGEFIELD 3052	1	11	20	20	0	100.00%
THOMASTOWN 572	5	11	26	26	0	100.00%
WEST WINDSOR 938	3	11	26	27	1	96.29%
DURHAM 10169	6	11	13	15	2	86.66%
COLCHESTER 6990	4	11	22	29	7	75.86%
BLOOMFIELD 1009	3	11	12	16	4	75.00%
COVENTRY 10589	3	11	16	27	11	59.25%
LAKEVILLE 9243	5	11	14	26	12	53.84%

District Commander: District 1: John Kennedy

Division Commander: 3. Post 7330 Michael Minervino

Division Commander: 4. Post 9460 Steve Evangelista

Division Commander: 5. Post 1946 Charles Barnsely

Division Commander: 6. Post 10060 David Lamirande

Division Commander: 7. Post 6933 Leonard Hunter

Division Commander: 8. Post 296 Daniel Matthews

Division Commander: 9. Post 10688 William D'Appollonio

Division Commander: 10. Post 10201 Joseph Beal

Division Commander (U): 11. Post 2774 Stephen Buck

Division Commander (L): 11. Post 3052 Christopher Gruz

## Resources to Find Help

### Veterans Crisis Line

1.800.273.TALK (8255)

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### Give an Hour providers

[www.giveanhour.org](http://www.giveanhour.org)

Click on "Search for a Provider"

### Substance Abuse & Mental Health Services Administration (SAMHSA)

1.800.622.HELP (4357)

[www.samhsa.gov](http://www.samhsa.gov)

### Patients Like Me online network

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

### VA Health Care

1.877.222.VETS (8387)

[www.va.gov/health](http://www.va.gov/health)

### PTSD Coach Online Apps

[www.ptsd.va.gov/PTSD/apps/ptsdcoachonline](http://www.ptsd.va.gov/PTSD/apps/ptsdcoachonline)

### Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

[www.dcoe.mil](http://www.dcoe.mil)

### VA Vet Center Program

[www.vetcenter.va.gov/](http://www.vetcenter.va.gov/)

1/15/14, Donations make payable to Dept of VA VFW Aux.  
to 37111e Philippon 12 Bakhwin Dr Bristol, CT 06010

## Know the Five Signs of Emotional Suffering

**Personality Change:** Sudden or gradual changes  
in the way someone typically behaves.

**Agitation:** When someone seems uncharacteristically  
angry, anxious, agitated, or moody.

**Withdrawal:** Withdrawn or isolated from other  
people; pulling away from family and friends.

**Poor Self-Care:** Has stopped taking care of themselves  
and may engage in risky behavior.

**Hopelessness:** Seems overcome with hopelessness  
and overwhelmed by their circumstances.

*If you recognize that someone  
in your life is suffering,  
**CONNECT, REACH OUT,  
INSPIRE HOPE, and OFFER HELP!***

UNWAVERING SUPPORT



FOR UNCOMMON HEROES



Veterans of Foreign Wars  
of the United States

P.O. BOX 429

Rocky Hill, CT 06067

Phone: 860 616 2363

[stct@vfw.necoxmail.com](mailto:stct@vfw.necoxmail.com)

VFW MENTAL WELLNESS CAMPAIGN



VETERANS OF FOREIGN WARS

Department of Connecticut

Joint Special Project

Commander's Special Project

Auxiliary President Special Project

In support of the

VFW MENTAL

WELLNESS CAMPAIGN

Awareness, support  
and intervention  
for veterans

Any questions contact  
AUX PRESIDENT Kim McCarroll

## Our Objective:

The purpose of the project is to educate VFW and VFW Auxiliary members, veterans and communities about the important topic of mental health and wellness, and offer proven tools to intervene on behalf of veterans in crisis.

In order to help bring this complex set of issues to light for our members, veterans, the military and our communities, it is essential that the VFW and VFW Auxiliary work hand-in-hand on every level to bring the needed awareness and education to everyone.

Mental health issues for veterans and the military community are complex, often unseen, and affect more than just the service member or veteran. With 1.6 million members, the VFW and VFW Auxiliary are uniquely positioned to offer the support and educational base camp in more than 6,000 communities nationwide.

Join VFW in opening our hearts, homes and Posts to those who defended our freedoms.



## Quick Facts:

Veterans report that their mental health issues are very similar to those in the civilian population, which commonly relate to interpersonal relationships and economic concerns. These issues have shown to increase with deployment.

One of the most common claimed conditions for clients who seek assistance from VFW service officers is a mental health condition.

Veterans who seek care for mental health through VA facilities are more likely to have positive health outcomes.

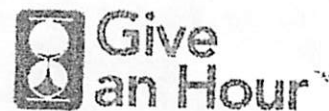
VA reports that as many as 20 veterans choose to end their lives every day. But contrary to popular belief, most veterans who attempt suicide are older or have not deployed to a combat area.

The VFW's community posture has historically provided a safe space for veterans to offer one another peer-to-peer support. This means that the VFW is uniquely poised to serve this therapeutic need for today's veterans.

## Program Goals:

- ✓ Build partnerships to serve the needs of service members, veterans, and families suffering from invisible injuries
- ✓ Provide training and resources to VFW personnel who provide direct services to veterans
- ✓ Create templates for VFW Posts and Departments to raise awareness and host community-based events
- ✓ Offer opportunities for VFW members to share experiences and leverage partner resources
- ✓ Contribute to research efforts that advance the dialogue on brain health and foster the development of new evidence-based treatments
- ✓ Advocate for federal legislation to improve access to mental health care and transitional benefits

## Strategic Partners



Give help | Give hope

[www.giveanhour.org](http://www.giveanhour.org)

**MISSION:** To develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, beginning with the mental health needs of those who serve and their families.

- ✓ Confidential and free mental health care for service members, veterans, and their loved ones through a network of nearly 7,000 licensed providers.
- ✓ Initiative to change the culture of mental health in America, called the Campaign to Change Direction: [www.ChangeDirection.org](http://www.ChangeDirection.org)

**ONE MIND**

[www.onemind.org](http://www.onemind.org)

**MISSION:** To accelerate the development and implementation of improved diagnostics and treatments for post-traumatic stress (PTS) and traumatic brain injury (TBI) -- through creating global public-private partnerships among governmental, corporate, scientific and philanthropic communities -- based on our belief in open science principles.

- ✓ Research collaborations with academic, medical, and veterans' service communities
- ✓ Online community tool for service members, veterans, and families coping with invisible wounds via "Patients Like Me"



**TO:** All Members  
**FROM:** Dominick Cortese, State Commander  
**RE:** Council of Administration Meeting

The State Commander has decided that because of the up-tick in the Covid transmissions, the October Council Meeting should be a Zoom meeting and not in person as originally planned.

Every VFW Member is welcome to join in on the Zoom meeting, and the link and information will be sent out via e-mail later in the month.

If any State Officer, District Commander or State Chairman is unable to attend this Zoom meeting, please notify the State Adjutant at Department Headquarters at: (860) 616-2363

Looking forward to having you join us on the Zoom council meeting later this month.

Dominick Cortese

State Commander

OFFICIAL: For the Commander

*Ronald (Rusko) Rusakiewicz*

Ronald (Rusko) Rusakiewicz State Adjutant/Quartermaster

**NO ONE DOES MORE FOR VETERANS.**



# DEPARTMENT OF MARYLAND

Veterans of Foreign Wars and its Auxiliary



## EASTERN CONFERENCE BANQUET

Saturday - October 30, 2021

~ MENU ~

**\*\* Fresh Garden Salad with choice of Ranch or Balsamic Dressing**

With Your Entrée Selection of:

**\*\*Chicken Cordon Bleu**

**\*\*Jumbo Lump Maryland Crab Cakes**

**\*\*Prime Sirloin Tips**

Accompanied with:

**\*\*Baked Potato and Seasonal Vegetable\*\* Warm Dinner Rolls and Butter**

**\*\*Coffee, Regular & Decaf, Hot & Cold Tea, Water**

Dessert:

Smith Island Cake

Last call

Last call

Please advise of any Special Dietary Needs as early as possible.

Dinners are priced at \$ 50.00 each. VFW and Auxiliary Dinner reservations must be made through your respective Department Adjutants.

The Department Adjutant is to provide a list of all attendees with dinner choices and payment in full. Dinner reservations are to be received by *October 11, 2021*.

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### BANQUET ORDER FORM (Please Print)

Department of: \_\_\_\_\_

MEAL CHOICES: Chicken Cordon Bleu \_\_\_\_\_ Jumbo Lump Maryland Crab Cakes \_\_\_\_\_  
Prime Sirloin Tips \_\_\_\_\_ Other \_\_\_\_\_

Number of Meals \_\_\_\_\_ x \$ 50.00 = Total \$ \_\_\_\_\_ Check # \_\_\_\_\_

Mail to: VFW  
P.O. Box 429  
Rocky Hill, 06067





# MORE FACTS ABOUT THE VFW



## The VFW by the numbers

**1.5 million**

Number of VFW and VFW Auxiliary members.

**5,923**

Number of VFW Posts worldwide.



## Cutting red tape

**110,000+**

Number of veterans the VFW assisted in submitting new VA claims in fiscal year 2020.

**Nearly 15,000**

Number of VA claims filed by the VFW's Pre-Discharge offices in fiscal year 2020 resulting in more than \$138 million in disability compensation.

**27**

Number of VFW Pre-Discharge offices across the nation, including the military district of Washington, D.C., area.



## Helping struggling military families

**10,904**

Number of grants provided to military families facing financial hardship through VFW Unmet Needs since 2004.

**\$5,430,692**

Amount of grants provided through VFW Unmet Needs covering housing for struggling military families since 2004.

**3,721**

Number of military families who received assistance with housing needs since 2004.



## Improving life in America

**3.3 million**

Number of volunteer hours contributed by VFW members annually.

**\$25.9 million**

Amount donated annually to local community service projects by VFW members.



**1899**

Year the VFW started to fight for veterans, service members and their families.



## Honoring the fallen

**3.3 million**

Number of VFW "Buddy"® Poppies distributed by the VFW last year.

**\$334,500**

Amount raised through the VFW "Buddy"® Poppy program for needy veterans last year.



## Inspiring patriotism in young people

**29,000+**

Number of high school students who competed in the 2020–21 VFW Voice of Democracy competition.

**84,000+**

Number of students who competed in the 2020–21 VFW Patriot's Pen competition.

Updated September 2021





# FACT SHEET

*As the nation's oldest major war veterans' organization*, the VFW has an impeccable and longstanding record of service and stewardship. More than 4.5 million patriotic Americans, both members and non-members, entrust the VFW with financial contributions and dedicate millions of volunteer hours.

YOUR DONATION OF

**\$20**

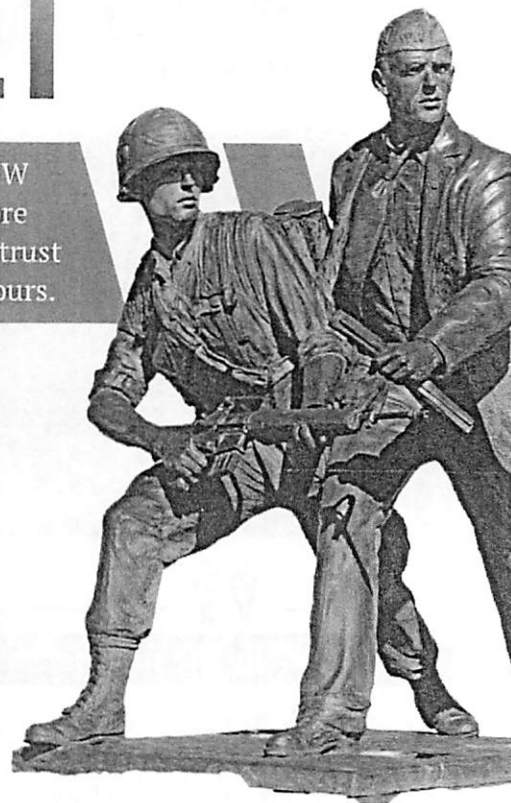
ENSURES THE VFW CAN

*Educate* a separating service member about his or her well-earned VA benefits through a private benefits counseling session with a VFW Service Officer.

*Provide* training to 4 VFW Service Officers on signs of emotional suffering so they can better direct veterans to programs and services.

*Help* cover rent, utilities or groceries for a military family struggling with the hardships of war.

*Deliver* 4 morale-boosting "welcome home" celebrations for service members who have returned from combat.



**1,900+**

Number of VA-accredited VFW representatives across America and abroad, helping veterans fight for the VA benefits they have earned.

**61**

Number of VFW-SVA Fellows (student veterans) who have traveled to Washington, D.C., to advocate for veterans' rights.

**\$9.7 billion+**

The total annual amount the VFW helped veterans recoup in VA disability compensation and pension benefits — which includes \$1.4 billion in new benefits paid to veterans in fiscal year 2020.

**2.3 million+**

Number of service members and their family members hosted at VFW Military Assistance Program (MAP) events since 2005.

**20**

Number of times the VFW has testified before Congress in the last 12 months alone. The VFW has been instrumental in virtually every major legislative victory for veterans in the 20th and 21st centuries.

**\$2.9 million**

Amount of scholarships, monetary awards and other incentives the VFW distributes annually to middle and high school students through two major patriotic essay competitions.

**\$12.2 million+**

Value of financial assistance awarded to military families since 2004 to help cover basic needs in times of crisis. 44% of the funds covered basic housing needs.

**\$9.2 million**

Amount of scholarships awarded to more than 2,054 veterans and service members through VFW's "Sport Clips Help A Hero Scholarship" since January 2014.

Updated September 2021

Learn more about the VFW's programs and services at [vfw.org](http://vfw.org).