



Voice of Democracy and Patriot's Pen Annual Awards Dinner



Sponsored by the Veterans of Foreign Wars Department of Connecticut and its Auxiliary
SUNDAY January 9, 2022, Starts Promptly At 12:45pm
\$20.00 per-person

**IN THE GRAND BALLROOM OF THE ROCKY HILL SHERATON HOTEL
 CAPITAL BLVD ROCKY HILL, CONNECTICUT**



Representing the Commander-in- Chief will be former Vice Chairman of the National Youth Committee and current National Judge Advocate General Ron (Rusko) Rusakiewicz.

Buffett Menu

*Plated (pre-set) Caesar Salad - Roast Sirloin of Beef with Homemade Brown Gravy
 Mashed Potatoes - Chef's Choice of Vegetable - Rolls - Butter - Coffee - Tea
 Desert - Tiramisu*

TABLES MAY BE RESERVED IN GROUPS OF 10

The winners of the 52nd Annual State Voice of Democracy and Youth Essay Programs will be Honored at this Dinner. We need your cooperation to make this a Huge Success.

Please make checks payable to:

THE DEPT. OF CT VFW or just VFW and mail with the reservation form below

Deadline for tickets is Wednesday January 5, 2022

Mail To: RICH DIFEDERICO, CHAIRMAN - P.O. BOX 429 - ROCKY HILL, CONNECTICUT - 06067

Please send me _____ tickets to the Awards Dinner

I/we need _____ Meals that are Vegetarian or _____ Gluten Free Meals.

NAME: _____ STREET: _____ TOWN: _____

ZIP _____ CHECK/MONEY ORDER IN THE AMOUNT OF \$ _____ IS ENCLOSED.

Resources to Find Help

Veterans Crisis Line

1.800.273.TALK (8255)

www.veteranscrisisline.net

Give an Hour providers

www.giveanhour.org

Click on "Search for a Provider"

Substance Abuse & Mental Health Services Administration (SAMHSA)

1.800.622.HELP (4357)

www.samhsa.gov

Patients Like Me online network

www.patientslikeme.com

VA Health Care

1.877.222.VETS (8387)

www.va.gov/health

PTSD Coach Online Apps

www.ptsd.va.gov/PTSD/apps/ptsdcoachonline

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

www.dcoe.mil

VA Vet Center Program

www.vetcenter.va.gov/

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Withdrawal: Withdrawn or isolated from other people; pulling away from family and friends.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

VFW

Veterans of Foreign Wars

of the United States

P.O. BOX 429

Rocky Hill, CT 06067

Phone: 860 616 2363

stct@vfw.necoxmail.com

VFW MENTAL WELLNESS CAMPAIGN

VFW

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

This is a joint Special Project of the State VFW Commander and Auxiliary President.

Please send any donations to
P.O. Box 429 Rocky Hill, CT
06067

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



Give help | Give hope
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

ONE MIND
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"

DEPARTMENT OF CONNECTICUT VFW
AND ITS AUXILIARIES

VFW State Surgeon Lou Carillo, has contacted the three Veterans hospitals, and because of the threat of Covid, they will not allow any mass visitations or distributions again this year. So, we will do what we did last year and make a monetary donation to the programs that help the Veterans in the hospitals. Please read below to make a donation and participate in this program.

Dear Comrades, Sisters and Brothers; As we once again approach this blessed and joyous holiday season we would like you to help in remembering those Veterans who are in the Rocky Hill Veterans Home and in West Haven and Newington Veterans Hospitals. We can make their holiday a bit brighter by making a monetary donation as we did last year. .

Your Posts and Auxiliaries can send donations to help with this Christmas gift to the Veterans programs, by making your checks payable to the Department of Connecticut VFW.

Please mail to: Ron Rusko , A/Q - P.O. BOX 429 Rocky Hill, Ct. 06067

Enclosed is a check in the amount of _____ to help cover the cost of the Holiday Gift Donation for our Veterans.

NAME AND NUMBER OF YOUR POST OR AUXILIARY



Thank you!

Dominick & Kim



Connecticut as of Wednesday, December 1, 2021

City	Post	Dst	Total	Prior Year	Percent	Need	City	Post	Dst	Total	Prior Year	Percent	Need
Division 3							Division 10						
356 to 749 Members							51 to 67 Members						
OAKVILLE	7330	5	450	537	83.79%	87	BROOKFIELD	10201	1	73	67	108.95%	-6
Division 4							Division 11 (Upper)						
246 to 355 members							10 to 50 Members (31 to 50)						
STRATFORD	9460	1	293	344	85.17%	51	LEDYARD	4608	4	50	48	104.16%	-2
JEWETT CITY	10004	4	226	272	83.08%	46	SALEM	2774	4	36	36	100.00%	0
Division 5							Division 11 (Lower)						
185 to 245 Members							10 to 50 Members (10 to 30)						
NAUGATUCK	1946	2	207	199	104.02%	-8	RIDGEFIELD	3052	1	21	20	105.00%	-1
DANBURY	149	1	207	225	92.00%	18	THOMASTON	572	5	26	26	100.00%	0
WILLIMANTIC	1724	4	170	201	84.57%	31	WEST WILLINGTON	938	3	26	27	96.29%	1
DEVON	7788	2	180	215	83.72%	35	DURHAM	10169	6	13	15	86.66%	2
NORWICH	594	4	160	196	81.63%	36	COVENTRY	10589	3	22	27	81.48%	5
WALLINGFORD	591	2	155	195	79.48%	40	COLCHESTER	6990	4	22	29	75.86%	7
EAST HAMPTON	5095	6	157	202	77.72%	45	BLOOMFIELD	1009	3	12	16	75.00%	4
PAWCATUCK	1265	4	151	199	75.87%	48	LAKEVILLE	9243	5	15	26	57.69%	11
NEW MILFORD	1672	5	152	201	75.62%	49	District Totals	15007	99	1352	1693	79.85%	341
PRESTON	9452	4	131	194	67.52%	63	State Totals			9006	11057	81.45%	2051
Division 6							Division 11 (Lower)						
143 to 184 Members							10 to 50 Members (10 to 30)						
MONTVILLE	10060	4	162	179	90.50%	17	RIDGEFIELD	3052	1	21	20	105.00%	-1
WINDSOR LOCKS	6123	3	139	156	89.10%	17	THOMASTON	572	5	26	26	100.00%	0
WESTPORT	399	1	135	155	87.09%	20	WEST WILLINGTON	938	3	26	27	96.29%	1
MANCHESTER	2046	3	155	178	87.07%	23	DURHAM	10169	6	13	15	86.66%	2
NEW BRITAIN	511	3	147	178	82.58%	31	COVENTRY	10589	3	22	27	81.48%	5
PLAINFIELD	5446	4	133	163	81.59%	30	COLCHESTER	6990	4	22	29	75.86%	7
MYSTIC	3263	4	146	179	81.56%	33	BLOOMFIELD	1009	3	12	16	75.00%	4
WEST HARTFORD	9929	3	145	179	81.00%	34	LAKEVILLE	9243	5	15	26	57.69%	11
WATERBURY	201	2	135	170	79.41%	35	District Totals	15007	99	1352	1693	79.85%	341
CANAAN	6851	5	128	182	70.32%	54	State Totals			9006	11057	81.45%	2051
OLD SAYBROOK	10153	6	101	159	63.52%	58							
PUTNAM	1523	4	111	177	62.71%	66							
Division 7							Division 11 (Lower)						
112 to 142 Members							10 to 50 Members (10 to 30)						
NOROTON HEIGHTS	6933	1	107	123	86.99%	16	RIDGEFIELD	3052	1	21	20	105.00%	-1
PLAINVILLE	574	3	110	128	85.93%	18	THOMASTON	572	5	26	26	100.00%	0
NEWTOWN	308	1	100	117	85.47%	17	WEST WILLINGTON	938	3	26	27	96.29%	1
WOLCOTT	1979	2	114	134	85.07%	20	DURHAM	10169	6	13	15	86.66%	2
YALESVILLE	9965	2	113	136	83.08%	23	COVENTRY	10589	3	22	27	81.48%	5
ROCKY HILL	2138	3	112	136	82.35%	24	COLCHESTER	6990	4	22	29	75.86%	7
AVON	3272	3	85	112	75.89%	27	BLOOMFIELD	1009	3	12	16	75.00%	4
MIDDLETOWN	583	6	85	122	69.67%	37	LAKEVILLE	9243	5	15	26	57.69%	11
Division 8							Division 11 (Lower)						
88 to 111 Members							10 to 50 Members (10 to 30)						
BERLIN	10732	3	93	102	91.17%	9	RIDGEFIELD	3052	1	21	20	105.00%	-1
WINSTED	296	5	99	110	90.00%	11	THOMASTON	572	5	26	26	100.00%	0
EAST HARTFORD	2083	3	79	90	87.77%	11	WEST WILLINGTON	938	3	26	27	96.29%	1
WATERTOWN	5157	5	93	109	85.32%	16	DURHAM	10169	6	13	15	86.66%	2
NIANTIC	5849	4	77	93	82.79%	16	COVENTRY	10589	3	22	27	81.48%	5
NEW LONDON	189	4	88	107	82.24%	19	COLCHESTER	6990	4	22	29	75.86%	7
Division 9							Division 11 (Lower)						
68 to 87 Members							10 to 50 Members (10 to 30)						
OLD LYME	1467	4	70	73	95.89%	3	BLOOMFIELD	1009	3	12	16	75.00%	4
CANTERBURY	10688	4	74	80	92.50%	6	LAKEVILLE	9243	5	15	26	57.69%	11
PROSPECT	8075	2	67	77	87.01%	10	District Totals	15007	99	1352	1693	79.85%	341
GUILFORD	7666	2	63	77	81.81%	14	State Totals			9006	11057	81.45%	2051
WATERFORD	6573	4	68	85	80.00%	17							
MADISON	2096	2	53	68	77.94%	15							
TRUMBULL	10059	1	61	80	76.25%	19							
BRANFORD	12106	2	54	71	76.05%	17							
ELLINGTON	10689	3	63	83	75.90%	20							
NEW HAVEN	12150	2	64	86	74.41%	22							
CLINTON	9918	6	47	68	69.11%	21							

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 10732 William Hamel**
- Division Commander: 9. Post 1467 David Griswold**
- Division Commander: 10. Post 10201 Joseph Beal**
- Division Commander (U): 11. Post 4608 Simon Makuchowski**
- Division Commander (L): 11. Post 3052 Christopher Gruz**

* No District Commander Qualified for the Commander's Special Award of 90% membership

State	Post	Dst	Total	Prior Year	Percent	Need
District Totals		1	1238	1454	85.14%	216
District Totals		3	1476	1768	83.48%	292
District Totals		2	1456	1759	82.77%	303
District Totals		5	963	1191	80.85%	228
District Totals		4	1995	2469	80.80%	474
District Totals		6	526	723	72.75%	197
District Totals		99	1352	1693	79.85%	341
State Totals			9006	11057	81.45%	2051

OVER

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 10732 William Hamel

Division Commander: 9. Post 1467 David Griswold

Division Commander: 10. Post 10201 Joseph Beal

Division Commander (U): 11. Post 4608 Simon Makuchowski

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

* No District Commander Qualified for the Commander's

Special Award of 90% membership

My congratulations to the Division Commanders of the month. I appreciate their efforts on the membership program. We really need all of the posts to have their membership teams contacting the un-paid and those close to dropping off the rolls, to have them pay their dues and remain a member of the VFW. If they are unable to pay their dues for some reason, the by laws allow you to pay them out of your relief fund/s. If you need help, please let me know. Dominick Cortese, State Commander