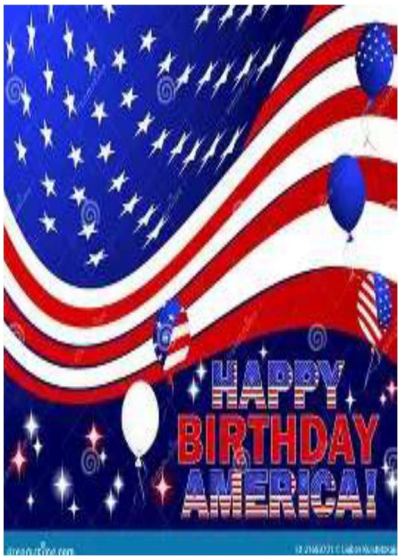
AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER



MILITARY CRISIS LINE
TELEPHONE # 988.
VETERAN HOMELESS
ASSISTANCE # 211

My family of Legionnaires, family and friends,

Who remembers the 200th birthday of America? I remember feeling the pride and gratefulness about living in a great land.

Fifty years later, that pride has grown. My feelings are that being country is better and we have more to proud of.

Everyone should take some time out around the holiday to reflect. Always share your positive memories with the younger generation so they to can continue to carry the flag with a hope of prosperity.

GOD BLESS the USA!!!!!!!

Sometimes **DEPRESSION** sneaks up on us.
There is help out there. The SVRC has on the premise qualified counselors or we can share other resources.
Today's Veterans understand the benefit of seeking help that can limit future difficulties. The Vet Center is there for you.
It is confidential and free.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

IMPORTANT DATES

- July 04, Independence Day Celebration
- July 10-12, CT State Legion
- July 25, Saturday, 8am, House of Heroes Vet House clean-up
- Aug 04, Tues, 6pm, R Broadhurst Ceremony, Cove Island
- Aug 04, Tuesday, 5pm, Police Night Out, 805 Bedford St
- Aug 09, Sunday, 10am, trip to Rye Playland (see below)
- Aug 15, Saturday, Home of the Brave walk/step event
- Aug 16, Sunday, Legion/VFW Picnic in Darien, 12pm till 3pm
- Aug 22, Sat, 11am, Brian Bill Renaming Ceremony (see below)
- September 18, VA Stand Down, 9am, UCONN-Stamford
- Sept 25, American Legion Post 3 Gala
- Oct 14, SVPP Patriot Award
- Oct- trip to Intrepid

Click below for Veteran Book for Benefits:
https://department.va.gov/wp-content/uploads/2024/12/2025-Federal-Benefits-for-Veterans-Dependents-and-Survivors.pdf

Sr. Vice Commander (Thomas Patterson)

Everyone knows me! I am all about taking care of the troops.
Remember that you need to take care of yourself before you
can take of others. That includes taking care of your family.
Taking care of oneself includes: body, mind and soul.
Your leaders have established a great team and networks with others to ensure that care is possible but it all starts with you. Speak up and say something and us, your extended family will be there.
Remember my words, “You serve, You deserve.”

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Post Adjutant Laverna "PNut" McDonald

Our post was just short of retention and new member goals. It is one of those topics that are brought up at the convention.
We understand that it is your choice to pay your dues and Post 3 is very grateful. All money is scrutinized and properly spent. Look at treasurer section for expenditures.
For member that want to pay their dues in person, I will be collecting membership payments at our annual picnic on August 16th.

Post Chaplain William Houston

Recently, we had a few members lose family members. Please remember, "you never walk alone!" There is help out, reach out to the Stamford Veteran Resource Center to get information on private, qualified and professional help.
Also, our post is quite close that meet often, whether at the Vet Venter, family suppers and the plethora of events. Come join the fraternity of family and friends and smile.

Treasurer (we are in need of one)

We will in the near future have to pay for updating Oratorical Trophy, PO Box and website. Our post financial obligations include: national, state and district dues. Also post expenses: Website (200) Oratorical (325), Boys/Girls State (450 per student), After party for Veteran and Memorial Day Parades, Holiday Supper and annual BBQ, all donation to Stamford Old Timer. Web page was paid 4/30 $199 as well as the PO Box $242 on 6/4.

Jr. Vice Commander Jim Dudley

If you know me you know how patriotic I am. I encourage everyone to show their Americanism 24/7, 365. This will drown out all those haters and show the younger generation to stand up and take pride in our country.

No July meeting/August meeting will be at picnic at Darien VFW
Topics will include: location of future meetings, Memorial Day parade, finances, Stamford
CBOC, SVRC, GALA, website, nominations for police awardee update.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Congratulations to Post 3 Elected Officials

Commander: Thomas Finn
Sr. Vice Commander: Thomas Patterson
Historian: Cesar Cardes
Jr. Vice Commander: James Dudley
Service Officer: Jeff Calcott
Adjutant: PNut McDonald
Finance Officer: Vacant
Chaplain: Willaim Houston
Sgt at Arms: Fred Morabito

Congratulations to the 2026-2027 slate of officers! If you would like to be an assistant officer to prepare for future opportunities please contact me. Our officers believe in training the next line leaders just in case.

Risk Assessments

Always exercise and walk with a buddy.
Drink water!

Many of us enjoy an occasion libation but it is important to know it is important to drink in moderation.
I found this blurb and found it interesting to share.

-Mark Wasserman

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

SU MMER BBQ!!!!

Annual Summer Barbecue Picnic
Sunday, August 16, 2026 @ 12:00 pm
Darien VFW
205 Noroton Ave
Darien CT 06820
Cost: $30
($10 for post members)
Rsvp: Tom Finn, (203) 249-9644
Tjfjr0628@gmail.com
Enjoy camaraderie, door prizes, raffle, games and great
food
Menu: Hamburgers Hotdogs BBQ Chicken BBQ Ribs Potato
Salad Stuffed Shells Sheet Cake Soda Water
*******This is the perfect time to pay your dues!

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Stamford Veteran Council (SVC)

The SVC initiated a daily search on the government website to look for the RFP about the CBOC being released.
We also briefly discussed Carmen's leaving at if I heard the mayor correctly. She wants to get a meeting on the calendar to discuss about the replacement and what the needs are and make sure everything is moving smoothly.

CONTINUED ACTION FOR STAMFORD CBOC (Health Clinic)

I had a brief discussion with the mayor during the system of the air event about the CBOC and she was very glad to hear that they're going to be releasing the RFP and wanted to be kept up-to date on it.

Brother Steve Fischer is frequently contacting the VA directors and many of us remind our elected officials. We are aware the September deadline is approaching. We have been informed that our Veterans we not be abandoned. Meaning, I believe that there will be a plan to notify and plan for any changes. It appears it will be a month-to-month arrangement until final decisions are made.

Keep in mind, there has been decision made of any change in
location. There is a memorandum of understanding at current location but the idea of possibly moving is still open. Your officers have visited possible other locations: Long Ridge Rd, Norwalk Rt 7 location and are satisfied. Other possible location includes Stamford Hospital, Tulley Center, Greenich, and further up on Route 7. We insist any new location should be within 15 minutes of the old location.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Stamford Veteran Resource Center (SVRC)

Tina Corpous, Matt Blumenthal and State Senator Fazio Visits SVRC

The SVRC sponsored a coffee house to address a wide variety of recent laws that effected Veterans. Life is good when there are nonpartisan agendas left at behind and true healthy discussions are formed. I can honestly say we are fortunate to have great representation involving Vet issues across the aisle. Hubert Delaney apologized for missing the event and looks forward to seeing Veterans soon to discuss future ideas.

The SVRC has released its annual calendar of workshops/events for 2027:

January: Housing
February: Anniversary
March: Caregiver Support
April: Burial Benefits
May: Coffee House with Legislators
June: VSO/VBA
July: Transportation
August: Legal
September: Stand-Down
October: Movies 4 Vets
November: Suicide Prevention
December: VSO/VBA

No July meeting/August meeting will be at picnic at Darien VFW

Topics will include: location of future meetings, Memorial Day parade, finances, Stamford CBOC, SVRC, GALA, website, nominations for police awardee update.

Post 3 Members making a difference

Everyone loves a Marine in uniform, haha. Nick not only assists with Toys for Tots but he is the face. He specializes in Veteran real estate assistance and enjoys taking Veterans out on his boat.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

September GALA

This is something we do right. Honoring those that weren't recognize for their valor. Last year's Gala was off the charts. This year the Gala committee is working hard to keep the prices affordable.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Attention All Women Veterans (NO AUGUST MEETING)

For all our female Veterans. There is a monthly meeting at the Fish Church (Bedford St., Stamford, CT), from 11am-12:30pm. Meets the 2nd and 4th Saturdays of the month. Women Veterans are unique and therefore the goal of this group is to feel safe to speak about anything on our minds. Hope to see you at the meeting. Cheryll Duerk 203-559-2314 Please leave a message if there is no answer.

Wheel It Forward – Stamford, CT

Wheel It Forward is a volunteer-run, 501(c)3 community library in Stamford that helps people borrow and donate durable medical equipment (DME) at no cost, with a small
suggested donation to support operations.
Mission & Purpose
Wheel It Forward aims to save money, help others, and reduce waste by making it easy to borrow or donate DME
such as walkers, wheelchairs, ramps, shower chairs, and more. Borrowing instead of buying reduces environmental
impact, and donations free up space while helping others Wheel It Forward.
Location & Contact: Stamford Branch: 48 Union Street, Stamford, CT 06906
Phone: (203) 652-8600
Website: wheelitforwardusa.org

I recently dropped off wheel
chair and potty chair plus adult under garments. Personnel were helpful and
courteous.
They also do wheelchair repair, no not for free but reasonable.

Family Supper!

There will be no family supper for July and August.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Free Items

People often want to donate items. I post it for one month then donate it to Wheel it Forward.

This month's free items include:
-Portable bathroom potty
-electric hospital bed (no mattress)
Thank you for the donations.

Work Opportunity

State of Connecticut: Job Openings - Department of Administrative Services https://www.jobapscloud.com/CT/#EmpDiv1

MTA.info- https://www.mta.info/
Metro-North Railroad

- City of Stamford: Open Competitive - City Jobs | Sorted by Job Title ascending | CITY OF STAMFORD EMPLOYMENT OPPORTUNITIES https://www.governmentjobs.com/careers/stamfordct?page=1

Walmart and Home Depot have pledged to hire every Veteran that applies:
https://careers.walmart.com/us/en/home

https://careers.homedepot.com/career-areas/military/

Eversource Connecticut Employment Opportunities for Veterans
Eversource has a dedicated Veteran and Service Members –
Veteran General Interest Posting that is not tied to a specific job but is designed to connect you with the right opportunity.
This is an open channel for transitioning service members, current or former National Guard/Reservists, military spouses, student veterans, and recent graduates LinkedIn+1.

Eversource Energy hiring Veteran and Service Members-Veteran
General ...
EVERSOURCE
https://jobs.eversource.com

Military Times has recognized Eversource as one of the best
companies for Veterans

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Mid-Year American Legion State Conference

-Police officer Anna Edwards recognized as Police Officer of the Year
-Awards committee was disappointed that Post 3 didn't apply for more awards, our hard was recognized and they want to show it
-Scamming is on the rise amongst Veterans and the elderly. Highlights included: VA sharks, unrecognized phone calls, gift cards and mortgage deeds to your house that are stolen often called "title piracy".
- It was urged for all to contact the city of Stamford or your local municipality and sign up for deed fraud alert:
https://www.stamfordct.gov/government/town-clerk/land-records/property-alert

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Boys/Girls State

Reports received from the camp were very positive. Post 3 was thanked for sending bright students that represented us well. I truly believe our post has a great impact with our youth which in turns makes the future of our communities better and stronger.

HOMES FOR THE BRAVEhttps://homesforthebrave.org/

We all know the great things this great organization does. Looks like fun and for a great cause. Anyone interested lets do it Call me and I will organize. There is a stair climb challenge or walk.

SATURDAY, AUGUST 15TH 2026

9:30 AM - 11:00 AM Martire Family Arena at Sacred Heart University 3135 Easton Turnpike, Fairfield, CT 06825

Hosted by: Alyssa Rae Taglia (Channel 8/WTNH, AJ (99.1 WPLR), and Marc Robbins (Channel 3/WFSB) https://homesforthebrave.org/step-up-for-the-brave-2026-2/

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Grassroots Legion Action (contact your congress)

Take Care of America's Veterans Act A single omnibus bill (H.R. 9237 / S. 4744) combining **62 separate veterans bills** covering compensation, health care, survivor benefits, mental health, suicide prevention, education, workforce modernization, and VA infrastructure.

The package **expands benefits** for combat-injured retirees, surviving spouses, and severely disabled veterans — but **pays for it** by reducing *future* disability compensation for **tinnitus** and **sleep apnea**, affecting an estimated **1.5 million future claimants**. Savings estimated: **$57 billion over 10 years**.

Veterans' groups are split; the bill is currently stalled due to unrelated House floor issues.

Overall, it's a great bill because it expands benefits but it seems in some cases to be taking from Peter to pay Paul which is understandably difficult for many Vets to support because there taking from Vets to fund other Vets.

Currently, it is stalled in congress.

I need help! New webpage for our post

Last month we voted to have a webpage. Well, we have one but I need help setting it up. Anyone

interested please contact me…. please. Website:

https://americanlegionpost3stamfordct.org

Your 2026 Dues and Membership

We are about 82% paid for 2026 dues. PNUT will give me new numbers soon.

Renew online:

https://mylegion.org/PersonifyEbusiness/Membership/Renew#legion-org

HAPPY BIRTHDAY USA!

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Post 12 American Legion, Norwalk/ Westport VFW Events

Westport: https://vfw399ct.org/ **Norwalk:** https://norwalklegionpost12.org/

Friday, Aug 7, 7pm
Purple Heart Ceremony, Norwalk Veterans Park

AUG 23, SUNDAY
Norwalk Legion having a sports/other cards show
9:00 am.– 2:00 pm

KNIGHTS OF COLUMBUS AND OUR POST working together!

For July 4th we joined the Knights to pass out American flags at the park before the fireworks. We have our responsibility to share positive Americanism for love of country. It was awesome to witness families coming out in their red-white-blue patriotic flavor. Thank everyone who participated on the 100-degree day.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Rest in Peace/True Heroes!

Three U.S. service members were killed in recent Iranian attacks in Jordan and Iraq, escalating tensions in the Middle East. Two U.S. soldiers, Pvt. Isabella Gonzales, 19, from Carrollton, Texas, and 1st Lt. Tyler James Feehan, 25, from Ewa Beach, Hawaii, were killed during an Iranian ballistic missile and drone attack on Muwaffaq Salti Air Base in Jordan on July 17 and 18, 2026, respectively. A third service member was killed in northern Iraq during a controlled detonation of unexploded ordnance from a downed Iranian drone over the weekend, with the remains later found and under verification by U.S. military authorities

Sick Call

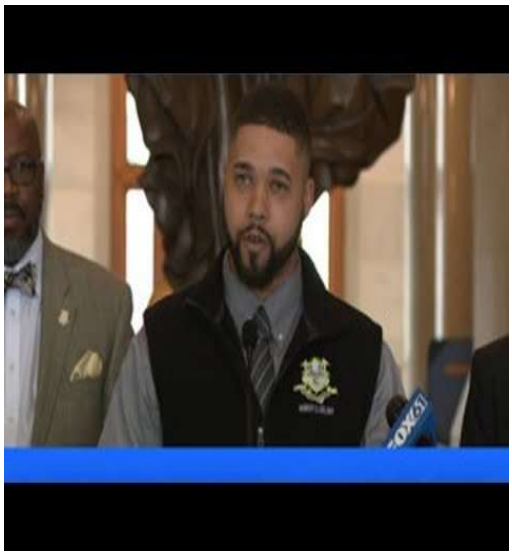
Brother Michael Raddazzo is kicking some tail against his cancer.

New Members

No new members

Hubert Delany, Veteran, Legionnaire, State House Representative

Click to watch video



Key provisions of the HERO Act include:

- Officially declaring November as Veterans' Month in Connecticut
- Creating specialty license plates to honor women veterans and The Borinqueneers, the proud Hispanic-American 65th Infantry Regiment
- Waiving certain DMV fees for veterans
- Strengthening educational stability for military-connected students
- Authorizing new state military awards and ribbons
- Launching a study on dental services for veterans to improve access and outcomes and several additional measures to support and uplift our veteran.

https://youtu.be/RCZPkoD7xpM?si=yZWYsHyiIZQa5Cx7

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Stamford Veterans Park Partnership

2026 SVPP BENEFIT |
PATRIOT AWARD
PRESENTATION
Oct 14, 2026
6:00 pm - 9:00 pm
Location
Reckson Atrium Lobby
Overlooking Veterans
Memorial Park
Cost: TBD
Follow the SVPP at:
https://www.facebook.com/vetsparkstamford

VA Certificate of Eligibility: How to Get Yours in Minutes for Home Loan

VA Certificate of Eligibility (COE); How to Get Yours Fast- https://www.va.gov/housing-assistance/home-loans/request-coe-form-26-1880/introduction

You will need a VA Certificate of Eligibility (COE) to apply for a VA Loan.

https://benefits.va.gov/homeloans/

Honor Flights

LTC Genie Camacho thoroughly enjoyed her adventure with the Honor Flight Organization. She is grateful and encourages more to participate. Jim Dudley is next up, he just doesn't know a date yet.
Honor Flights Connecticut- https://honorflightct.org/
Honor Flights Westchester- https://hvhonorflight.com

Final Formation (click on link for obituary)

https://www.legacy.com/us/obituaries/stamfordadvocate/name/george-harvey-obituary?id=61918520

George B. Harvey

Rest in Peace Brother, please look over us and guide us to a better world.

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

State Rep. Tina Courpas

State Rep. Tina Courpas serves the families of Greenwich and Stamford in the 149th. She wants to make sure that all Vets are aware of her passion to the care of Veterans and provided good information.

Tax Exemptions for Veterans in CT

Overview: 4 Categories of State-Mandated Exemptions

Connecticut law requires towns to provide property tax exemptions to veterans in four
categories. A veteran can generally only claim one exemption at a time — they don't stack.

1. 100% P&T (Permanent & Total) disability rating
2. Wartime service veterans
3. 30-year retirees
4. Veterans with disabilities (10%+ rating)

Source: OLR Report 2025-R-0130

1. The 100% P&T Exemption (Full Exemption)

Who qualifies: CT residents who served in the Army, Navy, Marine Corps, Coast Guard,
Air Force, or Space Force with a 100% Permanent and Total disability rating as determined by the federal VA.

Not the same as a 100% disability rating. A veteran can have a 100% disability rating without the P&T designation — these are different VA classifications, and only P&T qualifies for this full exemption.

What's exempted:

- The veteran's dwelling (house or condo unit) they own and live in as their primary residence, or
- If they don't own a dwelling, one motor vehicle

● Also covers property held in trust, held via a life estate/term of years, or the primary dwelling on leased/subleased land (if the lease is recorded and the veteran pays the property taxes)
● Also extends to a spouse's property (if living together) if the veteran owns neither a dwelling nor vehicle
● No income test — this exemption is full regardless of income
● Does not scale with town increase factors — since it's a full exemption, there's nothing to multiply
When it took effect: October 1, 2024 (amended further in 2025)
Filing requirements:
● Proof of qualifying military service due by September 30
● Proof of qualifying P&T disability rating due by January 1
● Starting with assessment years on/after Oct 1, 2025: must reapply annually by January 1, with documentation and an attestation they haven't filed for the exemption in another town
● Late filing allowed: up to one year after receiving proof of the rating or after the deadline passes, with up to 3 years of retroactive abatement/refund
If the veteran dies: Their surviving spouse (while unmarried) or minor child inherits the
same exemption automatically.
Source: OLR Report 2025-R-0129; CGS § 12-81(83), as amended by PA 25-2 § § 4-6 and PA 25-168 § § 233-242

2 & 3. Wartime Veterans & 30-Year Retirees
Who qualifies: Veterans with qualifying wartime service (90+ days active duty during a
statutory wartime period), or those who retired after 30 years of service due to age limits or disability.
What you get — two parts:
1. A "basic" exemption — set at $1,000 in statute, but adjusted upward based on your town's revaluation "increase factor" (see below)
2. Plus, an income-based add-on:

○ +50% of the basic exemption if your income is above the threshold
○ +200% of the basic exemption if your income is at or below the threshold
2025 income thresholds: $45,200 (individual) / $55,100 (married, joint income)
Real-world exemption amounts (this is the part that was oversimplified before):

Town's Increase Factor	Adjusted Basic Exemption	Total w/ Income Add-on
None	$1,000	$1,500 (over) or $3,000 (under)
x2	$2,000	$3,000 or $6,000
x3	$3,000	$4,500 or $9,000
x4	$4,000	$6,000 or $12,000
x6	$6,000	$9,000 or $18,000
x8	$8,000	$12,000 or $24,000

So "$1,000 off" is really just the floor — most towns owe more due to the increase-factor
requirement (126 of 169 CT towns currently have one).
Source: OLR Report 2025-R-0130; CGS § § 12-81(19), 12-81g(a)&(d), 12-62g
4. Veterans With Disabilities (10%+ Rating)
Who qualifies: Veterans/service members with a VA disability rating of 10% or more, or
those receiving federal compensation for a service-related loss of an arm, leg, or equivalent.
What you get — three parts:
1. A base amount tied to disability rating:

Disability Rating	Base Amount
10–25%	$2,000
26–50%	$2,500
51–75%	$3,000
76–100%	$3,500

2. Plus, an additional severe-disability amount, if applicable:
○ Loss of one arm or leg: +$5,000
○ Loss of both arms/legs/feet (or similar): +$10,000
3. Plus, the same income-based add-on as above (+50% over threshold, or +200% under)
Then the whole thing gets multiplied by your town's increase factor, same as the wartime exemption. Example: an unmarried veteran with a 100% rating, loss of one arm,
and income under $18,000, in a town with an increase factor of 4, gets a $42,000 exemption — not $3,500.
Income thresholds for this category specifically: $18,000 (individual) / $21,000 (married) — different (lower) than the general wartime threshold above.
Source: OLR Report 2025-R-0130; CGS § § 12-81(20)&(21), 12-81g(a)&(d)
The Dwelling + Land Piece (Municipal Option)
Separate from the above, towns now have the option (not mandatory) to:
1. Exempt up to 2 acres of the lot the eligible dwelling sits on
2. Extend the exemption to unmarried surviving spouses of veterans who died before Oct 1, 2024 (before the exemption existed)
3. Cap the total exemption at the town's median assessed residential property value
Stamford's status on opting into the 2-acre provision is still unclear — worth confirming with the town directly.
Source: CGS § 12-81(83), as amended by PA 25-168 § 233 cont...

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

Two New Municipal-Option Exemptions (2025)

Towns can now choose to also offer exemptions to:

1. Surviving spouses of active-duty service members killed in the line of duty
2. Veterans with a service-connected total disability based on individual unemployability — the "can't work" designation, which is legally distinct from 100% P&T and doesn't qualify for the full P&T exemption on its own

Source: PA 25-168, § § 240 & 241

Motor Vehicle Option

If you don't own real property, you can apply your exemption toward one motor vehicle instead. You cannot claim both a home exemption and a vehicle exemption. Note that this is in regard to the P&T exemption.

Source: OLR Report 2025-R-0129

Portability

Most of these exemptions — including the 100% P&T exemption — are portable. If you move to a different CT town mid-year, you keep your eligibility even if you miss that town's application deadline.

Source: CGS § 12-81cc, as amended by PA 25-168 § 239

Paws for War

I recently reached out to this organization and I am awaiting a reply.
At Paws of War, we believe in the healing power of companionship. Our mission is to bring together veterans, first responders and rescued animals, creating unbreakable bonds that foster healing and mutual understanding.
https://www.pawsofwar.org/

Rye playland Veteran Appreciation Day

Veterans Appreciation Day at Playland
Sunday, August 9 opening at 10 AM
Ceremony begins at 12:30 PM
Register here: https://veterans.westchestercountyny.gov/westchester-veterans-registration-form
I have my tickets!!!!!

AMERICAN LEGION POST 3
STAMFORD, CT

JULY/AUGUST 2026
NEWSLETTER

VA Standdown is approaching!

Everything we preach, every service available will be under one roof for 6 hours. This is the one opportunity you don't want to miss!!!!

Stand Down 2026 will take place on Friday, September 18th from 9:00am to 2:00pm across six
Stamford: UConn Stamford - 1 University Place
Please visit our dedicated Stand Down page for the most up to date information:
https://portal.ct.gov/dva/pages/veterans-stand-down...

Final thoughts

Half way through the summer and I am reminded how fast time moves. Life is precious. Let's take care of ourselves, family and then one another.
Maximize your care, use those benefits and take every opportunity to stay healthy.

Peace, Love and Hair Grease!

Tommy Finn