



The Old Guardian

Month 1 of our 60th year

February 2025

“Good morning Old Guard”

Gentlemen,

Here's what's in the Newsletter:

- The President's Corner
- Committee Chair Reports
- February Storyteller
- February Speaker
- Officers and Chairs

The President's Corner – John Keleher

First flowers, candy, or dinner reservations do not forget your Valentine!
February one more winter month to go.

Great time to bring a guest and recruit a new member.

We have had great speakers to date and Clem continues to supply one each week.

Last don't forget to sign up for yearend luncheon and remember this is an event for wives as well.

John

Committee Reports:

Special Events – Paul Dean, Ray Bliss

Mark your calendars!

The Old Guard Annual Luncheon will be held at:
The Hartford Golf Club,
134 Norwood Road, West Hartford, CT
Tuesday, May 13th
11:00 am to 2:30 pm.


Members and Guests are cordially invited to attend this gala event.

More details will be forthcoming.

Questions?

Contact Ray Bliss or Bill O'Connor

CT Foodshare & The West Hartford Youth Food Program- Jeff Lee

February brings us Valentines  Day, Presidents Day and two more ways to help in the fight against Food Insecurity.

Our February First Friday at Foodshare is on Feb. 7th as of this writing we still have one slot left on the team.

If you can't make it in February join us in March...but don't delay-our 12-man teams fill up very fast!

Our food donation day for the West Hartford Youth Food Program is Tuesday February 18th...Please be as generous as you can.
5 most needed items; peanut butter, granola, granola bars and applesauce.

And, as ALWAYS, thanks for all your past and future generosity!

Sign up for future CT Foodshare volunteer dates

[Quick Link to CT Foodshare
Sign-up or Sign-in](#)

Habitat ReStore – Ron Robinson

Habitat ReStore - Our monthly volunteer opportunities are 9:00-12:00 on the second Wednesday at their facility on Cottage Grove Road in Bloomfield, which means February 12th.

We prepare and display a wide variety of donated items, the proceeds from which support Habitat's mission of affordable home ownership.

It is hard to predict what we might be working on but we always have a good time and leave with a sense of accomplishment.

To register please click on the gray-shaded link here and feel free to contact me with any questions.

Ron

[Quick Link to Habitat ReStore
Sign-up or Sign-in](#)

University of Connecticut Hospital Volunteers – Bill OConnor

The Old Guard continues its commitment to assist those in need. To that end the Old Guard covers volunteer work at the Muscular Skeleton Institute on the UCONN Farmington Campus. Richard Hughes, Bob Cave and Bill OConnor are helping patients get to their appointments on time. Patients, who have difficulty walking are provided wheelchairs to they can reach their appointments in comfort and safety.

Volunteers serve a 4-hour shift 8 to noon or noon to 4 on Monday, Wednesdays, Thursdays, or Fridays. Some training is required per HIPPA rules. Consider this rewarding activity for your volunteer service.

Contact Bill OConnor for details:

Historian – Tew DuBois

As Historian I maintain a list of Old Guard members who pass away between 5/1/24-4/30/25.

Should you learn of a member of the Old Guard who passed away—perhaps in the Courant, by word of mouth, or however, let me know.

Thanks,

Tew

Meals on Wheels – Dale Richter

Delivering meals since 1966.

Over 30 members volunteer for this important program.

Contact Dale Richter if you would like to join a team -

Foodbank – Lou Aiello, Mike Feehan

February will be asking for your update of donations to the West Hartford Foodbank, CT Foodshare, Loaves & Fishes, House of Bread., and West Hartford Foodbank.

Total donations to our charities since September is \$21,525 includes:

- CT Foodshare \$13,515
- Loaves & Fishes \$1,000.
- West Hartford Foodbank \$1,150.
- House of Bread \$1,000.
- West Hartford Youth program value of bagged groceries \$6,200.

Plus, for CT Foodshare: 1x Matching Gifts \$250, 2x Matching Gifts \$5,000, 3x Matching Gifts \$420

Total including CT Foodshare 5x food value is \$105,275.

All donations are tax deductible.

A contribution of \$30.00 would feed one person for 30 days based on the CT Foodshare cost. Or your gift helps provide 40 meals to family facing hunger this holiday season.

Every \$1 helps provide up to 2 meals!

Click on this link to learn more about FoodBank with links and addresses to make donations <https://ctoldguard.org/food-bank/>

Contact Lou or Mike to record your donations to the Old Guard FoodBank

BOWLING - Tom Goodrum

Come and join us for Fellowship and Fun. Bowling continues every Thursday morning at 9:30 am at Callahan's Bowl-O-Rama, 2143 Berlin Turnpike in Newington. No experience is necessary.

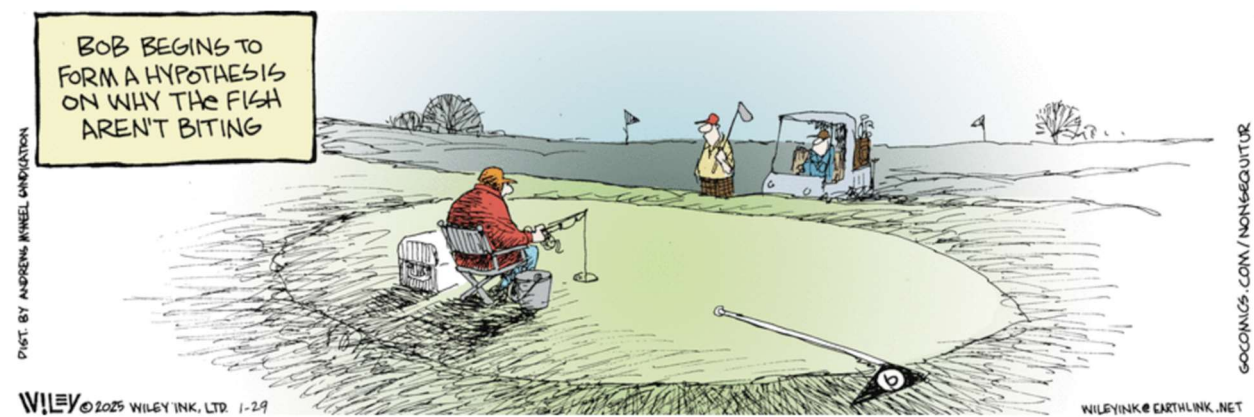
The cost is \$8.25 per person for the three games, including shoes and balls that are provided.

*Reminder, if West Hartford schools are delayed or cancelled, we will not be bowling.

Time to get out of the house and be with fellow Old Guard members. Hope to see you there.

OG & Friends Golf – Chuck Hasbrouck

All Things Golf



It's winter and it's cold, with snow on the ground – hardly golf weather. If you dare to play winter golf, there *are* some advantages: No lost water balls and you can tee off sending the ball hundreds of yards over frozen ground

and ponds! Of course, you could take your clubs to the south and play in warmth and sunshine... oh never mind, they had seven inches of snow. But with patience, golf season will be here. Planning has begun.

There are two Old Guard Golf events coming this spring:



Old Guard & Friends Golf League starts on Monday, April 14 (informal) and Thursday April 17 (league play). You don't have to be a good golfer, but you do need to enjoy being with friends. Join a great group of men. Interested, contact Chuck Hasbrouck



Kilwins *Swing for the Kids* Golf Tournament will be held;

Tuesday, May 20, one week after the Old Guard Luncheon.

This annual event raises money for the West Hartford YMCA Camp Scholarship Fund, enabling children of financially distressed families to attend and benefit from the Y Camps.

Our goal this year is to raise \$13,000 for this worthy cause. By being a participant in golf of lunch, you will help us reach that goal.

Mark your calendar!

Rotary Announcement – Dave Mangs

ROTARY CLUB OF WEST HARTFORD PRESENTS
THIRTEENTH ANNUAL
the VINES of MARCH
WINE TASTING, ARTISAN FAVORITES OF
WEST HARTFORD & AUCTION

SATURDAY
MARCH 1, 2025
7:00 PM - 10:30 PM
Tickets: \$75.00 per person
Location: West Hartford Town Hall

westhartfordrotary.org/vinesofmarch

Harvey's WINES & LIQUORS

PeoplesBank NBT BANK

February Storytellers

February 4th – Mike Feehan - "Take Me Out to the Busch Memorial Stadium"

February 11th – Jim Warner - "Climate Change and My Cars"

February 18th – George Stephans – “Uncle Nick, An Immigrants Journey”

February 25th – Pete Tiernan - “Irish Ayes”

February Speakers

February 4th - Ellen Woolf, Brand Director, “CT Make It Here”



Ellen Woolf is Brand Director for the State of Connecticut and is thrilled to be driving a brand new, diverse, and modern perspective on what it is to live, work and play in Connecticut.

Previously, Ellen served in the CT Office of Film, Television and Digital Media where she helped hundreds of production companies and major networks produce their film and television projects in Connecticut.

Prior to state service, Ellen began her career on Madison Avenue before holding a variety of roles in television production with Sesame Workshop, Martha Stewart and World Wrestling Entertainment.

Ellen also enjoys a good cup of coffee – currently indulging in Sumatra from The Bean in Cheshire. You will often find her hiking and biking along the CT’s state parks and Rails-to-Trails with her husband, John, and golden retriever, Maverick. If you do so, please stop and say hello!

February 11th - Margret Haan, The Bridge Family Center,” Every Child Every Time”



Margaret A. Hann has been the Executive Director of The Bridge Family Center since 1998. Prior to being named Executive Director, she served for eleven years as the Residential Director for the Bridge, directing all residential programs, including the Youth Shelter and the transitional living program for older adolescents. She also led the regional life skills and drug-prevention programs. Under Margaret's leadership, the Bridge has experienced tremendous growth, evolving and thriving as it continues to respond to the ever-changing needs of the communities we serve. Margaret's career began in Michigan at the Ingham County Juvenile Home as a Youth Worker. She moved to Connecticut in 1983 and served as the director of a group home for girls in Mystic, Connecticut. Over the course of her career, she has served on numerous community committees and nonprofit boards and has been actively involved in child welfare issues. Margaret earned both a Bachelor of Arts degree with a focus on Juvenile Justice and a Master of Arts degree in Administration from Michigan State University.

February 18th - Dr. Jonathan Dixon



Education: A.B. Harvard College, 1966 (Magna Cum Laude, Economics)
M.D. Harvard Medical School, 1970 (Cum Laude)
Postgraduate Education:
1970-1971 Internship (straight medicine),



- Lyme disease is a bacterial infection spread to people through the bite of blacklegged ticks.
- Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.
- Lyme disease is most common in the Northeast, mid-Atlantic, and upper-Midwest regions of the United States.

February 25th - Tom Pincince, CCSU Athletic Director,



Central Connecticut State University (CCSU) President Zulma R. Toro announced today (Jan. 14, 2022) that long-time Blue Devil administrator Tom Pincince has been named CCSU's next Director of Athletics. Pincince had served as the CCSU interim Director of Athletics since December 2019 and spent the 17 prior seasons leading the department's communications efforts and serving as Athletics spokesperson. "Tom's performance as interim Athletics Director over the last two years illustrated his capability to lead our coaches and staff. He also demonstrated his dedication and sincere investment in our student-athletes. I am confident that Tom will continue that level of commitment while elevating the profile of our Blue Devils and athletic programs," Toro said.

Pincince joined the department as Assistant Director of Athletics and Sports Information Director in August 2002. He went on to become Assistant Director of Athletics for Communication and Media Services, charged with managing the communications efforts for the entire department, including the evolution of the Blue Devils' online presence. He also served as program administrator for the men's basketball and baseball teams. Despite the ongoing COVID-19 pandemic, under Pincince's leadership CCSU Athletics has grown and collected many accolades over the last two seasons. Nine of its 16 athletic programs achieved perfect Academic Progress Rate scores, and 11 programs earned a team GPA above 3.0. Five student-athletes were selected Northeast Conference Scholar-Athletes, and a school record of 230 student-athletes were named to the league's Academic Honor Roll with 3.2 or higher GPA. The Blue Devils also won six team conference championships, 19 individual conference crowns, posted more than 100 All-Conference selections, as well as 13 NEC Player of the Year and six NEC Rookie of the Year awards.

Pincince also helped to reestablish the Athletics Department's Wellness Room to provide student-athletes a safe space to focus on their mental health.

"I'm honored and thankful to President Toro for the opportunity to lead our department and our student-athletes, and I'm truly grateful to be a Blue Devil," Pincince said. "The last two years have been some of the most trying times we have ever experienced. Together, we have continued to hold true to our belief that we will make decisions based on what's best for our student-athletes and to provide them with the best experience possible during their time in New Britain."

A native of Woonsocket, R.I., Pincince's collegiate athletic career began with a four-year stint as a member of the Stonehill College football program. After graduating in 1997, Pincince moved into administrative roles at Fairfield University, the University of New Haven, and the University of Hartford.

"CCSU is a special place. It's been home for me for 20 years," Pincince said. "I'm honored to lead our department and our student-athletes, thankful for the opportunity and truly grateful to be a Blue Devil. As I've said for the last two years, we will do this together, as we always do!"

Pincince, and his wife, Kyle, reside in West Hartford and have three daughters: Isabella, Sophia, and Lucy.

Your officers for 2024-2025

John Keleher, President
Clem Sayers, Vice-President
Arthur Greene, Secretary
Stephen Schneeberger, Asst. Secretary
Jim Palma, Corresponding Secretary
Stephen Guest, Treasurer
William O'Connor, Asst. Treasurer
Tew DuBois, Historian
John Mitman, Chaplain

Ed Turbert – Past President

Committee Chairs 2024-2025

Mike Cabrey, Membership
Don Kauke, Communications
Russ Jones – Nominating Committee
Bernie Weiss and Jim Doran, Storytellers
Gary Banks, Information & Technology
Bernie Weiss, Senior Job Bank
Paul Dean & Ray Bliss, Special Events
David Mangs, Music
Parker Simonds, Hospitality
Jeff Lee, CT Foodshare, West Hartford Youth Food program
Lou Aiello and Mike Feehan, Foodbank
Ron Robinson, Habitat for Humanity
Dale Richter, Meals on Wheels
Larry Carr, Salvation Army
Bill O'Connor, UCONN Health Center
Chuck Hasbrouck - Golf
Tom Goodrum, Bowling
Dan Tracy, Audit

Art Greene, Secretary

Old Guard, Inc.