



# The Old Guardian

Month 2<sup>nd</sup> Month of our 61<sup>st</sup> year

March 2026

**“Good morning Old Guard”**

Gentlemen,

Here's what's in the Newsletter:

- The President's Corner
- West Hartford 250 Committee
- Committee Chair Reports
- This Month's Storytellers
- This Month's Speakers
- Officers and Chairs

---

## **The President's Corner – Clem Sayers**

On February 20th I had the opportunity to visit and tour CT Foodshare in Wallingford. Under Mike Dore's leadership and along with ten other Old Guard Gentlemen, we were able to see firsthand what this incredible organization does on a daily basis.

The amount and types of food that they provide to the food insecure public in Connecticut is fantastic.

I strongly encourage members to talk to Mike and make arrangements with him to go to Wallingford on a food sorting day. You will not regret it. This is the Old Guard giving back to the community.

Let's keep up the great work!

---

**West Hartford 250 Committee - Tom Donahue** – Thanks to Dave Mangs for providing this input.

The Flags of America Showcase -2/16/2026-celebrating the 250th anniversary of the founding of the United States of America in 1776 was a wonderful success! This event in the West Hartford Town Hall included flag demonstrations, hands on craft projects, Patriotic give away items, a civil war soldier who brought to life a Connecticut veteran who gave his life for our country, Betsy Ross who played a pivotal role in designing the American Flag, and a community sing along of America's patriotic songs.

The picture includes from left to right Betsy Ross (Co-Chair - Elaine Kotler), our Connecticut civil war soldier (Patric Harrell), the singer of patriotic songs from the Old Guard of Connecticut (**Dave Mangs**), the piano player from the Connecticut Old Guard (**Michael Cervas**) and our Master Ceremonies (**Tom Donahue** also from the Connecticut Old Guard).

Many thanks to co-chair Rene' McCue and the many volunteers and scouts who helped to make this event a great success!



Watch a video of “The Flags of America Showcase by clicking on the video  
YouTube will open in your browser



---

## Committee Reports:

### WEST HARTFORD YMCA – John Keleher

- Youth basketball instruction continues at Westminster Church on Saturday mornings.
- Swim lessons at the University of St. Joseph continues on Sunday afternoons.
- Zoning approval has been confirmed for DAY CAMP WEHA at Westminster church for this summer.
- Plans to continue Bell Summer learning program are moving forward funding is being sought as grant from Lego has disappeared as Lego is moving out of state
- Due to great Old Guard support (golf tourney and donations) West Hartford Y is really making a difference for kids

**Food Insecurity Committee – Jeff Lee, Mike Dore, Rhon Ernest-Jones, Ted Ruby and Mike Feehan.**

**Food Insecurity - Jeff Lee**

As Foodshare President & CEO Jason Jakubowski said when he spoke to us last month; The Old Guard stands tall in the ongoing fight against food insecurity. To all the volunteers, food contributors, and those who donated cash...Thank-you! And a special thanks to our Food Insecurity Co-Chairs; Mike Dore, Ted Ruby, Rhon Earnest-Jones and Mike Feehan for leading the charge and “making it happen”!

I’m so proud to be a part of this team!

**West Hartford Youth (Backpack) Food Program – Ted Ruby**

We had another good donation date on Feb. 17. We collected 35 bags and boxes of food for the Backpack program.

Our next donation day is March 17. I will be in the parking lot at 9:45 to accept your donations. I will bring the red bags to the March 3<sup>rd</sup> meeting. Please take as many as you need.

**Reminder of the most wanted items. (You are not restricted to these items)**

**All donations help.**

Peanut butter small sizes

Oatmeal

Applesauce

Rice under 32oz

Pasta sauce

Canned vegetables and beans

Dry pasta

Dried beans up to 32oz

Canned tuna and chicken

Thank you, gentlemen, for your support of this very important event.

**CT Foodshare – Mike Dore**

**We had 13 Team Members participate on February 6th 2026.**

**Sorted and packed 7,865 #s for 9,438 meals.**

Today we welcomed two first timers; Bob Houde and Ken Kaufman and Bill O'Connor made his first appearance in Wallingford. Hope you had a good time and will sign up for future dates.



Thanks to: left to right; Bill Rose, Mike Dore, Ken Kaufman, Rhon Ernest Jones, Dave Lewis, John Rhine, Larry Carr, Sandy Hight, Peter Van Beckum, Ron Robinson, Bill O'Connor, Bob Houde, and Hank Boulton.

On February 20<sup>th</sup> 12 members attended the CT Foodshare facility tour.



Mike

## FoodBank – Mike Feehan

### FoodBank update, current Program Year to December 31 2025

The total impact of Old Guard member giving has reached \$214,030 for the current program year. This breaks down as follows

|   | <b>Donations<br/>In Feb 2026</b> | <b>Cumul<br/>Pgm YTD</b> |
|---|----------------------------------|--------------------------|
| Cash  | \$ 750                           | \$ 25,601                |
| Cash-equivalent (WH Youth / Red Bags)   | \$ 1,750                         | \$ 9,270                 |
| Foodshare Matching & 5Xs Multiple   | \$ -                             | \$ -                     |
| <b>Total Month</b>  | <b>\$ 2,500</b>                  | <b>\$ 34,871</b>         |
|   |                                  |                          |
| Cash  |                                  | \$ 25,601                |
| Cash-equivalent (WH Youth / Red Bags)   |                                  | \$ 9,270                 |
| Foodshare (Matches & 5Xs Multiple)  |                                  | \$ 179,159               |
| <b>Total food-purchase value, Program Year to Date</b>  |                                  | <b>\$ 214,030</b>        |
|   |                                  |                          |
| OG member donations thru Feb 1016 were almost \$35,000.   |                                  |                          |
|   |                                  |                          |
| And because of matching gifts from individuals and organizations, together with CT Foodshare 's ability to obtain food below retail, our members' cash donations actually generated food -purchase value of an <b>additional</b> \$179,000 over and above the cash donations. |                                  |                          |
|   |                                  |                          |
| Total of cash plus cash-equivalent donations of food, OG food-purchase impact is \$214,000 in the current program year, September 1, 2025 thru February 26, 2026.   |                                  |                          |

All information about individual donations is kept strictly confidential

Thank you, Old Guard!

## Loaves and Fishes - Rhon Ernest-Jones

Although the Old Guard has been represented for many years at Loaves and Fishes by individual members, Friday 13th was the first time that the Old Guard has fielded a complete team of volunteers to help prepare and serve a hot lunch.

Representing the OG were Bob Loomis, Bob Cave, Sandy Hight, Mike Dore, Jon Dixon and Rhon Ernest-Jones.



The Loaves and Fishes staff, led by Alison Hild, were very efficient and well-versed in instructing and mobilizing volunteers. The clients were served a nutritious hot meal, and appeared to be well pleased.

Approximately 80 clients were served.

The OG members showed remarkable skills, and a good time was had by all.

The next OG volunteer date is March 13th.

Generally, we arrive at 10:30am and we are finished by 1:00pm. If you are able and willing to be part of the team, please contact me at [rhon@theernest-jonesgroup.com](mailto:rhon@theernest-jonesgroup.com).

A team of 6 is ideal, but one or two more can be accommodated. I will send the detailed location and address upon request.

## **Contact Rhon**

### **Habitat ReStore – Ron Robinson**

Volunteer date is March 11th 9:00-12:00

Please consider joining us at their warehouse to experience some fun and the satisfaction of doing good for a great cause - affordable housing.

Some of the work we do is sizing and merchandising donated doors



ReStore is located on Cottage Grove Road in Bloomfield.

Please use the link to register.

New to ReStore, you can create an account at the top of the sign in page.

[https://vhub.at/OLDGUARD\\_hfhnc](https://vhub.at/OLDGUARD_hfhnc)

Monetary donations are always accepted. Catch up with me at the meetings.

If you have any difficulties and/or questions, feel free to contact me. Thank you.

Ron Robinson

### **Meals on Wheels – Bob Schaefer**

Meals On Wheels (MOW) shouts out a big thank you to Dale Richter for his 7 years of leadership! Dale will be continuing as a volunteer and has relinquished scheduling to Bob Schaefer. On Mondays, Wednesdays and Fridays we deliver food to 10-15 people. With our current crew, each volunteer is scheduled once a month. The two assigned volunteers pick up the food at the First Baptist Church on Main Street; one serves as the driver and the other as the runner. This takes about an hour-and-a-half. A few volunteers prefer to deliver with the same person each month, and most are rotated to meet different OG members. Twelve months—twelve new friends.

Our cadre or volunteers has remained pretty consistent. As I assume the scheduling from Dale, I want to add new members both to form a stronger base and to become acquainted with other Old Guard members.

To discuss volunteering, call Bob

### **Bowling – Tom Goodrum**

Six weeks left to the season – Throw some strikes and get some spares. If you haven't bowled in a while you're missing out on a good time, lots of laughs, and free coffee.

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. Hopefully that's behind us....

Time to get out of the house and be with fellow Old Guard members.

See You there on Thursday, March 5<sup>th</sup>.

### **Special Events – Hank Boulton, Rhon Ernest-Jones Co-Chairs**

In an effort to plan future events, the Special Events Committee has worked with Gary Banks to create a simple way for you to voice your opinion on places we, as a group, might like to visit.

Please let us know on a scale of 0-5 your level of interest in participating in an organized, curated outing by responding to the survey in the link below.

For this survey, we propose to limit the outings to attractions within 20 miles of West Hartford – No bus transportation provided.

For the next survey, attractions may be located over 20 miles from West Hartford – bus transportation to be provided, depending on price and level of interest.

Survey Link:

<https://forms.gle/Ts3xdcBMNHbN4Xi39>

Thank you!

Hank Boulton and Rhon Ernest-Jones, Special Events Committee Co-Chairs.

---

### **Storytellers – Bernie Weiss**

March 3<sup>rd</sup> – Mike McMahon - “A Look Behind the Scenes at HSN “

March 10<sup>th</sup> – Dale Richter – “Headaches”

March 17<sup>th</sup> – Keith Stevenson – “Supporting Research on Infant Health in Hartford”

March 24<sup>th</sup> – Bob Burnett – “More growing up stories.”

March 31<sup>st</sup> – Borden Painter - "Growing Up Among Famous Painters."

---

### **Speakers – Bob Cave**

**March 3<sup>rd</sup> - Mark Panico & Barton Darney,  
“A Non-Public School option”**

**Mark Panico, Board Chairman**



Senior executive with more than 20 years of experience successfully leading midsize P&Ls both domestically and internationally. A strategic problem solver who thrives on dissecting businesses to identify opportunities for growth, profitability, and leadership development. Currently serves as Chair of the Board for Trinity Academy, a tuition-free elementary school in Hartford, where he provides governance and strategic oversight in support of educational equity and student success.

### **Barton Darney**



Development Director

Barton Darney is the Development Director at Trinity Academy, a tuition-free elementary school in Hartford serving students from historically underserved communities. With over 15 years of experience in nonprofit development and education, Barton leads fundraising strategy, community partnerships, and board engagement, raising more than \$500,000 annually to support high-quality academics, innovation, and wraparound services for students. Barton is passionate about building relationships that expand opportunity, strengthen equity in education, and empower young people to thrive.

**March 10<sup>th</sup> -- Dr. Courtland Lewis, Hartford Bone and Joint Inst. & Jeffrey Flaks, Hartford Healthcare.**

**“Hartford Health Care – Today and Tomorrow”**

## **Dr. Lewis**



Dr. Lewis is the retired inaugural Physician-in-Chief of the Hartford Healthcare Bone & Joint Institute in Hartford. Following graduation from the UVM College of Medicine, residency at the University of Maryland Hospitals and an adult reconstruction fellowship at Johns Hopkins in Baltimore, Dr. Lewis joined the full-time faculty at the University of Connecticut Health Center where he was Residency Program Director for many years. He was selected for a sabbatical at the Istituto Ortopedico Rizzoli, Bologna, Italy in 1992 and was promoted to Clinical Professor of Orthopaedic Surgery in 1997.

After transitioning to private practice in Hartford, Dr. Lewis was Director of Research & Quality at the Connecticut Joint Replacement Institute at St. Francis Hospital from 2007 until 2013 when he assumed his position at Hartford Hospital and oversaw design and building of the Bone & Joint Institute. After a clinical career as a total hip and knee replacement surgeon, he retired in 2018 from active practice. He currently serves on the Board of Hartford Hospital.

## **Jeffrey A. Flaks**



Jeffrey Flaks is a nationally recognized healthcare leader. He is President and CEO of Hartford HealthCare, an \$8-billion system serving more than 28,000 people daily and has transformed Hartford HealthCare into a highly integrated network of 500+ locations with 48,000 colleagues, including 8,000 employed and aligned providers.

Under Mr. Flaks leadership HHC earned the 2025 AHA Quest for Quality Prize; “A” grades for safety from the Leapfrog Group; Nation’s First Care Partner of Memorial Sloan Kettering Cancer Center; ranked #1 in the U.S. for mitral valve surgery; named the top employer in Connecticut for career development by Career minds: recognized for its commitment to helping employees build meaningful, long-term careers; forged partnerships with Google, Amazon, MIT, Abridge, Aidoc, K Health & others; and recognized on Fortune’s Most Innovative Companies list.

Mr. Flaks is the recipient of the 2025 Steven Schroeder Award for Outstanding Healthcare CEO; named Press Ganey’s Innovator of the Year in 2026. He has built academic pipelines with UConn, Quinnipiac and the Connecticut State Colleges system, supporting scholarships, mentorship and workforce development.

A Connecticut native, Mr. Flaks joined Hartford HealthCare in 2004 and serves on numerous

boards, including vice chair of the Connecticut Hospital Association. He holds honorary doctorates from Trinity College, Eastern Connecticut State and Sacred Heart universities

### **March 17<sup>th</sup> – Edison Liu, Jackson Labs**



Jackson Laboratory Professor, President Emeritus, and Honorary Fellow, Edison Liu, M.D., is an international expert in cancer biology, systems genomics, human genetics, molecular epidemiology and translational medicine with a focus on breast cancer. He has authored more than 350 scientific papers and reviews and co-authored two books. He obtained his B.S. in chemistry and psychology, as well as his M.D., at Stanford University. He then received his residency and fellowship training at Washington University, St. Louis, and Stanford, and postdoctoral training in molecular oncology at the University of California at San Francisco with Nobel Laureate, J. Michael Bishop.

From 2012 to 2021, Dr. Liu was the president and CEO of The Jackson Laboratory, an independent research institute focused on c

omplex genetics and functional genomics. During his tenure, JAX grew significantly in revenue, employee headcount, international presence, research scope, philanthropy and physical footprint. Under Liu's leadership, JAX established The Jackson Laboratory for Genomic Medicine in Farmington, Conn., and added production facilities in Ellsworth, Maine and Japan and established a joint venture in China to the institution's headquarters campus in Bar Harbor, Maine, and production facility in Sacramento, Calif.

Previously (2001-2011), he was the founding executive director of the Genome Institute of Singapore and the president of the Human Genome Organization (HUGO). He was also the scientific director of the National Cancer Institute's Division of Clinical Sciences in Bethesda, Md. (1997-2001), where he was in charge of the intramural clinical translational science programs. In his earlier career, Dr. Liu was a faculty member at the University of North Carolina at Chapel Hill, where he was the director of the UNC Lineberger Comprehensive Cancer Center's Specialized Program of Research Excellence in Breast Cancer; the director of the Laboratory of Molecular Epidemiology at UNC's School of Public Health; and the Chief of Medical Genetics.

Throughout his career Dr. Liu has received numerous accolades and awards, including the AACR Rosenthal Award and the Brinker International Award, both for breast cancer research; the Public Service Medal from the President of Singapore for his contributions to resolving the SARS crisis; and the Chen Award for Distinguished Academic Achievement in Human Genetics. He was elected to the American Society of Clinical Investigation, as President of the Human Genome Organization (HUGO), as a foreign member of the European Molecular Biology Organization, and as a Fellow of the American Association for the Advancement of Science (AAAS). Dr. Liu has served on the governing boards of the AACR, American Cancer Society, and the Foundation for the NIH. He holds honorary degrees from Queen's University (Belfast, Northern Ireland), University of Southern Maine, and Colby College (Waterville, Maine).

### **Research Focus Synopsis**

My laboratory is focused on understanding the systems genetics of breast cancer biology and its translational impact. Currently, there are four major programs in the laboratory:

1. Dynamics of BRCA1 promoter methylation
2. Oncogenic drivers of genomic signatures in cancer

3. Clonal dynamics of therapeutic resistance in triple negative breast cancer
4. Identifying host genes that determine response to immune checkpoint inhibitors

### **March 24<sup>th</sup> – Robert Cave, Security Manager Bloomberg**

#### **“How to Protect Yourself from Cyber Attacks”**



Robert Cave is a Cyber Security Analyst at Bloomberg, contributing to the organization's security posture within the publishing sector.

Their background reflects a strong focus on information security expertise, particularly in incident response and malware analysis. While at Activision, they led incident response investigations for corporate infrastructure and conducted forensic investigations as part of legal inquiries and malware triage. They also contributed to revisions of security policies, standards, and practices, and maintained current security appliances, incorporating new rules based on emerging threats.

Prior to Bloomberg, Robert was an Information Security Senior Specialist at Cigna, where they were responsible for incident response and malware analysis for the entire company, including subsidiaries and international joint ventures. They maintained and deployed advanced malware detection/anti-penetration tools, triaged cases of malware infections, phishing attacks, and botnet broadcasts, and managed security infrastructure, developing new rules/alerts based on emerging threats and threat actors. Robert utilized tools such as EnCase, SIFT, Log2Timeline, IEF, and the Mandiant Tool Suite for analysis and reverse engineering of zero-day threats and newly discovered virus samples. They also generated reports on discovered viruses and malware behavioral analysis and created a corporate-wide presentation on botnet activity and practical anti-botnet tactics.

Earlier in their career, Robert held roles at JPMorgan Chase, including Security

Incident Analyst and Enterprise Access Admin. Robert graduated from Fau and is a GIAC Certified Forensic Examiner.

## **March 31<sup>st</sup> – Kevin Rennie, “Investigating and Reporting on CT Politics”**



**Kevin Rennie** writes a political column for the Sunday edition of The Hartford Courant since 2002. He has operated the popular political website [DailyRuctions.com](http://DailyRuctions.com) since 2010. Kevin’s stories have led to corruption investigations, resignations, and criminal convictions, reminders that there are many ways to serve the public interest without holding elective office.

Kevin was elected to represent the 14th House District in the Connecticut General Assembly for three consecutive terms starting in 1988. In 1994, he became the first Republican to win election to the State Senate from the 3rd Senate District in 70 years. He served one term and is no longer a Republican.

In 2002 scandals involving the administration of Governor John G. Rowland began to unfurl. Kevin’s column provided news of Rowland’s disappointing abuse of his position as the Waterbury Republican began descent to resignation and prison. In 2008, Kevin’s columns on Senator Christopher Dodd’s concealed Irish real estate dealings made international news.

Kevin is a graduate of Franklin & Marshall College and the University of Connecticut School of Law. He lives and practices law in South Windsor.

---

### **Your officers for 2025-2026**

**Clem Sayers, President**

**Bob Cave, Vice-President**

**Arthur Greene, Secretary**  
**Mike Dore, Asst. Secretary**  
**Jim Palma, Corresponding Secretary**  
**Stephen Guest, Treasurer**  
**William O'Connor, Asst. Treasurer**  
**Peter Tiernan, Historian**  
**John Mitman, Chaplain**  
**John Keleher – Past President**

**Committee Chairs 2025-2026**

**Mike Cabrey, Tom Donahue, Membership**  
**Don Kauke, Communications**  
**Ed Turbert, Nominating Committee**  
**Bernie Weiss, Jon Dixon, Storytellers**  
**Gary Banks, Information & Technology**  
**Bernie Weiss, Senior Job Bank**  
**Ray Bliss, Bill OConnor, Hank Boulton, Rhon Ernest-Jones - Paul Dean  
(Emeritus), Special Events**  
**David Mangs, Music**  
**Parker Simonds, Hospitality**  
**Jeff Lee, Mike Dore, Ted Ruby, Rhon Ernest-Jone, Mike Feehan, Food Insecurity**  
**Ron Robinson, Habitat for Humanity**  
**Bob Schaefer, Meals on Wheels**  
**Larry Carr, E.T. Price, Salvation Army**  
**Bill OConnor, UCONN Health Center**

**Chuck Hasbrouck, Golf**

**Tom Goodrum, Bowling**

**Open, Audit**

**John Keleher, YMCA**

**Clem Sayer, Bob Cave, Tom Donahue, Bill O'Connor, Awards**

Art Greene, Secretary

Old Guard, Inc.