



# The Old Guardian

Month 9 of our 59<sup>th</sup> year

October 2024

## “Good morning Old Guard”

Gentlemen,

Here what's in the Newsletter:

- The President's Corner
- Committee Chair Reports
- October Storytellers
- October Speakers
- Officers and Chairs

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## The President's Corner – John Keleher

Program year off to great start with outstanding speakers and story tellers.

We have inducted 3 new members at that rate we will bring 24 new folks for the program year, how about we shoot for at least 25 total, I know Mike our membership chair will aim higher

We have been asked if our membership would be interested in marching in Memorial Day parade i will ask for a show of hands at next meeting for those who might be interested.

We will be getting business cards in near future to distribute to prospective members and getting a table at the seniors health fair to broaden our footprint in town

Art Greene our secretary got our proclamation from town council framed and it will be on display in the lobby for our meetings. thanx Art

See you on October 1<sup>st</sup>.

John

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## **Committee Reports:**

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

October is the month of Trick or Treat...But, we know that food insecurity and outright hunger are not a trick and certainly not a treat. Won't you please respond to our requests for your help in the battle to help find solutions to these issues plaguing our society. Your time and money will go a long way to win that battle!

Additionally, at our third meeting of the month we will again be collecting food for "**The WH Youth Food Program...**" Just fill up a bag or two with nonperishable foods and I'll get them over to the Universalist Church for distribution to those in need.

As always, thanks for your ongoing loyal support of these critically important efforts!

Also, consider signing up for a future volunteer date at CT Foodshare – "First Fridays"

[Quick Link to CT Foodshare](#)

[Sign-up or Sign-in](#)

### **Habitat for Humanity – Ron Robinson**

Habitat ReStore – **A few more volunteers would be helpful.**

Our next opportunity is 9:00-12:00 on the second Wednesday of October, 10/9, at Habitat ReStore on Cottage Grove Road in Bloomfield. You are welcome to join us and bring a friend. Old Guard membership is not required.

The link to register is included here.

[Quick Link to Habitat ReStore](#)

[Sign-up or Sign-in](#)

If you have any questions, please contact me. Thank you.

Ron Robinson - [rrrcbr1126@gmail.com](mailto:rrrcbr1126@gmail.com)

## **Membership – Mike Cabrey**

Greetings Old Guard,

We are off to a great start this program year with three new members in the first month. Please continue to expand your circle of friends and acquaintances and help recruit more members. I am working with the leadership on a couple of initiatives to assist in this effort. We will be designing Old Guard business cards with our Logo and website that you all will be able to hand out to your new recruits. I will also be working with our Information Technology team to create an online application process. My goal, or I should say our goal should be 50 new members during this program year.

This past Month we have welcomed: Mike Gurski, Ken Geisler and Mike Cass.

A special shout out to John Rhine and Frank Virnelli for their recruiting. Your efforts, as always are greatly appreciated.

Respectfully,

Mike Cabrey, Membership Chair

## **Special Events – Paul Dean, Ray Bliss**

Couple of Save the Dates:

- Trinity v. Wesleyan football game at Trinity in Hartford Saturday, **November 9th. 12pm**. Please let Ray know of your interest and if you will be inviting a guest(s). More details to follow.
- Holiday Luncheon of the Old Guard - Back Nine Tavern, 245 Hartford Road, New Britain, CT 06053 - **Wednesday, December 11th, 2024**. Music provided by the guitar duo of Judy Handler and Mark Levesque. Buffet lunch and Cash Bar Registration, 11:30 am to noon. Lunch, noon to 1:30 pm. More details to follow.

### Memorial Tree and Time Capsule – Pete Tiernan



Pete stopped by our 50th Anniversary tree at Fern Park and was pleased to say that it is flourishing.

Too young to bear acorns yet but almost tripled in height since we planted it in 2016.

The capstone covering to time capsule is sinking and he will ask WHDPW to please prop it up again.

For those new members, here is a little history.

Past president Bob Hill's (2015-2016) administration conceived the idea for the memorial. Bob spoke a few words describing the meaning of the tree, headstone, and capsule. The tree to remember the men who got together one day and said; Let's start a group based on fellowship and volunteerism. Those founders probably never thought that the group would last 50 years. Bob said, the thinking at the time they were planning was to create something that would last another 50+ years. He described the capsule being water tight stainless steel. The items in the capsule represent that The Old Guard is flourishing today as it did in the past, with all the positive things we are doing today. Volunteering to the many charities we are still associated with and learning through the wonderful speakers we have at every meeting. The headstone represents the permanency of the Old Guard and that it would last another 50-100 years. Bob reminded us that there needs to be care taken to maintain the headstone so that grass does not grow over the surface hiding the memory and to respect the past.

## **UCONN Hospital - Bill O'Connor**

The longstanding relationship between UCONN and the Old Guard continues. UCONN has reorganized some of its services at the Muscular Skeleton Institute at 120 Dowling Way to better service the community. Your volunteering plans for 2024 2025 and can include your service at the University Hospital in Farmington.

The need has greatly increased as now all Physical Therapy including Occupational Therapy has moved to the Institute on Dowling Way. Patients at the University Muscular Skeleton Institute frequently require assistance with directions to their appointments and many require the use of a wheelchair.

Volunteers serve a 4-hour shift 8 to noon or noon to 4 Monday, Wednesdays, Thursdays, and Fridays. Some training is required per HIPPA rules. This is a rewarding activity for our 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

## **Foodbank – Lou Aiello, Mike Feehan**

For October we will be asking for donations of money for the West Hartford Foodbank, CTFoodshare, Loaves & Fishes and/or House of Bread. Also, donations of food for West Hartford Foodbank. We have received, for CTFoodshare \$11,610 (includes \$1,410 for West Hartford Youth program plus Marching Gifts of \$100 with food value of 5 times donations) final total \$52,910.

A contribution of \$30.00 would feed one person for 30 days based on the CTFoodshare cost.

Please give to put food onto the tables of families facing hunger.

For information to donate, go to Old Guard Website, [ctoldguard.org](http://ctoldguard.org).

If you donate to food charity of your choice, please remember to:

- Advise the Food Charity that you are an Old Guard member
- Inform Lou or Mike so your donation can be banked in our total donations

## **BOWLING - Tom Goodrum**

Come and join us for Fellowship and Fun. Bowling will start on Thursday, October 31, 2024 at 9:30am and continue every Thursday morning.

Bowling will be at Callahan's Bowl-O-Rama, 2143 Berlin Turnpike in Newington.

No experience is necessary.

Cost remains at \$8.25 per person for three games, including shoes and balls and, if you want, free coffee.

See you there.

## **Salvation Army – Larry Carr - Chairmen**

### The Salvation Army Bell Ringers

Mike Cabrey and I met with the leaders of The Salvation Army of Greater Hartford this week and confirmed our continued support for their Red Kettle program this Holiday season. We will be manning the kettle outside the post office on LaSalle Road, as in past years, with our cadre of bell ringers. All our volunteers will be properly decked out in our red aprons, Santa hats and of course with bells a ringing. We will be in place on four successive Saturdays beginning on November 30<sup>th</sup> thru December 21<sup>st</sup>. So please mark your calendars for these dates for volunteering your time for a most worthy cause, while having some good fun with your Old Guard colleagues.

We will also be sponsoring the virtual kettle to allow folks to make donations online, and plan to have volunteers to assist with the preparation of lunch boxes for the

upcoming Hartford Marathon. Our prep work will be on Friday, October 18<sup>th</sup> and the Marathon will take place the following day on Saturday, October 19<sup>th</sup>.

Sign-up sheets for volunteers will be at the front table for our Tuesday meetings each week leading up to the bell ringing dates. We thank you in advance for your generosity in supporting The Salvation Army and in volunteering your time at kettle side.

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## **October Storytellers**

October 1 - Bob Hoffman – “A Fishing Story???”

October 8 - Jon Dixon – “Aunt Minnie”

October 15 - Gary Banks – “The 1st Amendment”

October 22 - Jim Palma – “Hartford Civic Center collapse and the Hartford Whalers”

October 29 - Parker Simonds – “A Home Coming”

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## **October Speakers**

**10/1 – Kristen Sullivan, Director of Elections, Office of the CT Secretary of State.**



**Kristin Sullivan is an election law expert who joined the Office of the Secretary of the State in July 2023 as Connecticut’s Director of Elections. With a public policy career that spans more than 20 years and includes time in both the public and nonprofit sectors, she has worked with a diverse group of legislators, election officials, advocates, and nonprofit leaders. As Director of Elections, she works with the Secretary of the State and local election officials across the state’s 169 municipalities to ensure secure, fair, and accessible elections for all Connecticut voters.**

**Prior to joining the Secretary of the State’s Office, Kristin served as Research Director at the Center for Election Innovation & Research. While at CEIR, she collaborated with a broad coalition of stakeholders—including advocates, academia, state and local officials, and the media—to drive evidence-based policy aimed at restoring trust in elections and promoting innovative solutions around voter engagement and election integrity. Previously, Kristin was Chief Legislative Analyst at the Connecticut General Assembly’s Office of Legislative Research focusing primarily on federal, state, and local election administration, voting rights, and campaign finance laws. She guided a diverse team in providing comprehensive support to the legislature across multiple disciplines through in-depth policy research and legislative analysis.**

**Kristin holds a Master of Public Administration from Columbia University’s School of International and Public Affairs and a Bachelor of Science in Education from Miami University in Oxford, Ohio. As Director of Elections for Connecticut, she is a member of the National Association of State Election Directors (NASSED) and a board member of the Electronic Registration Information Center (ERIC).**



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## 10/8 - Bryan Cafferelli - Commissioner, CT Department of Consumer Protection



Bryan T. Cafferelli was appointed Commissioner of the Connecticut Department of Consumer Protection (DCP) in March 2023. From January 2019 to his appointment as commissioner, Mr. Cafferelli served as legal counsel of the Connecticut Senate Republican Office where he was responsible for providing counsel to senators and caucus staff with legal and legislative matters, including drafting processes, procedures, and policy.

Previously, he served as a drug control attorney for DCP from April of 2017 to January of 2019. In this position, he was responsible for managing the agency's prescription drug enforcement cases, including all aspects of administrative action, rulemaking processes, and statutory and regulatory development. He has also previously worked as special deputy assistant state's attorney for the Office of the State's Attorney in the Judicial District of Stamford, and as chief of staff and legal counsel for former Lt. Governor Michael Fedele.

Cafferelli earned a Bachelor of Arts in political science from the University of South Carolina and a Juris Doctor from the University of Connecticut School of Law.

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**10/15 - Josiah Brown - Executive Director of Connecticut CASA – Court Appointed Special Advocates representing children whose families are tangled in the court system.**



Josiah H. Brown is the executive director of a statewide [Connecticut CASA](#) organization, after having served as founding executive director of [CASA of Southern Connecticut](#), part of the national [CASA](#) network for children who have experienced abuse or neglect and are in need of court-appointed special advocates. Before, he was the first associate director of the Yale-New Haven Teachers Institute. He worked with [New Leaders](#) for a summer during its start-up and was responsible for researching prospective partner cities. Previously, he was chief of staff to the president of the New School (Jonathan Fanton). In earlier roles, Brown was an aide to U.S. Representative Rosa DeLauro and to the director of a center at Columbia University. He worked for UConn Upward Bound and ConnPIRG and has volunteered with various urban youth organizations and public schools. He has a B.A. with distinction in history, *magna cum laude*, from Yale and a master's in public policy from Harvard, where he co-chaired a Kennedy School student nonprofit management group and was a member of the Social Enterprise Club at Harvard Business School. At the Kennedy School, he and a classmate, [Corinne Herlihy](#), co-authored a report on out-of-school programs and policy for the Commonwealth of Massachusetts. A former president of Domestic Violence Services of Greater New Haven, he chairs the Literacy Coalition of Greater New Haven. At Yale, since 2008 he has been an associate fellow of Saybrook College. He is an occasional [contributor](#) to the [Connecticut Mirror](#), [Good Men Project](#), [New Haven Independent](#), and [Times of India](#). He and his wife, Sahar Usmani-Brown, live in New Haven with their children.

Brown attended rural public schools in Windham County, Connecticut for nine years. On a partial scholarship, he then attended Groton School. He has a bachelor's degree

from Yale and a master's in public policy from Harvard's Kennedy School of Government.

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**10/22 – Mike Magee, MD – University of Hartford Presidents College – AI in Medicine**



Dr. Mike Magee is a medical historian and journalist, and the author of *Code Blue: "Inside the Medical Industrial Complex"* (Atlantic Monthly Press, 2019). He has taught at the Presidents' College and the C. Everett Koop Institute at Dartmouth's Geisel School of Medicine and Jefferson Medical College. He was also an Honorary Master Scholar at the NYU School of Medicine and the 2008 Distinguished Alumnus award recipient from the University of North Carolina School of Medicine. He lives in West Hartford, CT, and is the author of the weekly blog [healthcommentary.org](https://healthcommentary.org).

Dr. Mike Magee, explores the promise and pitfalls of artificial intelligence (AI) in medicine. How will these new technologies impact clinical care? Will A.I. increase or decrease human contact and access to your doctors and nurses? Will it unleash a barrage of needed therapeutic discoveries. . . or suspect information? Join our own Authentically Intelligent Mike Magee for an engaging, informative, provocative look at 2024's hottest health topic.

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**10/29 - Dr. Jenna Bartley – UConn Health Dept. on Aging Nutrition, Exercise, Muscle Quality with Aging.**



Dr. Bartley's research focuses on translational studies into human aging with a focus on how immune responses and physical function decline as we get older. My unique education and training in both human subject (kinesiology) and basic (immunology) research allows me to understand and design research on multiple levels, from basic benchtop research and preclinical studies to human clinical studies. She believes to tackle many age-associated issues successfully a multifaceted, multisystem-based approach truly is necessary. Her multidisciplinary research aims to uncover common pathways among the aging process and to develop potential interventions to prevent age-related declines in immune responses and help older adults maintain their independence into late life.

**Your officers for 2024-2025**

**John Keleher, President**

**Clem Sayers, Vice-President**

**Arthur Greene, Secretary**

**Stephen Schneeberger, Asst. Secretary**

**Peter Tiernan, Corresponding Sec.**

**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**