

Henry Cadett III

Henry Cadett III is a 2001 graduate of Lyman Hall High School and a 2022 dean's list graduate of Charter Oak State College. He holds a B.S. in public safety administration. Henry served his country from 2003-2012 as a staff sergeant in the Connecticut Army National Guard where he was a combat engineer, an infantryman, and a human resources specialist. Sergeant Cadett served in Afghanistan from 2006-2007 in support of Operation Enduring Freedom earning both the Combat Infantry Badge and an Army Commendation Medal. Since 2010 and continuing through the present, Henry works as a police sergeant of the uniformed patrol division of the Wallingford Police Department. His community-oriented policing philosophy led him to many roles within the department including bike patrol supervisor, school resource officer, sniper section team leader of the emergency response team, member of the crisis intervention team, of the peer support team, and of the honor guard. A most unselfish alumnus of the Wallingford Public Schools, this wonderful husband of Brooke Cadett and loving father of four beautiful children attended fly-fishing guide school in Montana to qualify himself as a river guide for Rivers of Recovery Northeast. Henry is a past participant of this program that provides inclusive fly-fishing trips to help combat veterans and first responders manage post-traumatic stress. Since 2018 he has served as a guide for Rivers of Recovery remaining ever faithful to his fellow combat vets and first responders.