

Basic Detail Report

Title Interview with Thomas Lyons

Date 22 July 2025

Medium born digital audio file

Description Audio file of interview with Thomas Lyons. He was interviewed by Keara Lyons on 22 July 2025 in Fairfield, Connecticut. Thomas Lyons was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in his life. In this interview Thomas Lyons reflects on the meaning of change and how it has shaped his personal and professional life. Raised in Massachusetts and now a long-time Connecticut resident, Tom speaks candidly about life's transitions, particularly the evolution from independent young man to devoted husband and father. Tom shares how his modest upbringing and strong moral foundation, especially the values instilled by his mother, laid the groundwork for his enduring work ethic and self-reliance. He recalls his first real job, working alongside his mother at Norwood Hospital, saying, "It was very special." A self-described "creature of habit," Tom attributes much of his success to discipline and routine. He acknowledges, however, that this steadfast commitment to providing for others came at a cost. The conversation also touches on the emotional weight of loss and the toll of trust broken. Tom opens up about changes in his relationships, both with friends and with himself. Despite these challenges, he continues to prioritize family and reconnection. Reflecting on aging and mortality, Tom cites the passing of friends and colleagues as pivotal

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moments. He shared his long-standing aspiration to learn how to fly, suggesting that dreams deferred may still be pursued. The interview closes with reflections on values passed down through generations. He describes his grandfather's military service and how, as a boy, he would sit for hours on the porch listening to war stories. Although he once aspired to join the military, his mother prevented him from doing so and wanted him to attend college, which is a decision he now believes was right. When asked what he admires most about himself, Tom responded simply: "I've always done the right thing... honest and true... if you do all the right things consistently, then life should be good. Very simple."

Dimensions Duration: 35 Minutes, 59 Seconds