Army Lieutenant Colonel Lisa Jaster is a soldier, an engineer, a wife and mother, and a trailblazer. One of only three women to graduate from the first integrated United States Army Ranger program—one of the most difficult combat training courses in the world—Lisa was the first female Army Reserve officer to become Ranger qualified. She completed the training, which 36 percent of male and female students fail within the first four days, after refusing to succumb to exhaustion. Lisa endured the training, which takes a minimum of 61 days and includes up to 20 hours of training per day alongside a strict diet, for a grueling six months. She graduated at age 37, while the average trainee age is 23.

Lisa, a fitness fanatic who continues to train CrossFit and Brazilian Jiu Jitsu, has a hard-won understanding of the importance of perseverance, as well as a deeply ingrained respect for camaraderie stemming from a seven-year-long active duty career (including tours in Iraq and Afghanistan). Throughout her training, she drew strength from her family, keeping pictures of her two young children with husband Marine Lt. Col. Allan Jaster in her pocket and stealing glances between training assignments.

Prior to receiving her Ranger tab, Lisa worked as an engineer with Shell Oil in Houston and an Army Reserve individual mobilization augmentee with the U.S. Army Corps of Engineers. Lisa initially was commissioned in the Army in 2000 after graduating from the United States Military Academy at West Point and returned to the reserves in 2012 after a five-year hiatus from serving. She volunteered for combat training when she discovered the Army Ranger course was being opened to women for the first time in 60 years as a U.S. government experiment to see how women would fare in the notoriously brutal program. Currently, Lisa serves on the leadership team of Talent War Group as a senior consultant, advising corporations on how to recruit, train, and retain talent within their teams and is a lieutenant colonel in the Army Reserve serving on Joint Staff. She is also the author of the book *Delete the Adjective*, in which, she shares her experiences in Ranger School while offering valuable lessons on breaking the barriers society places on you.

Lisa is the recipient of numerous military accolades including two Bronze Star Medals and three Meritorious Service Medals. Lisa has a Montville connection. She is a member of Montville VFW Memorial Post 5481.