



**NOVEMBER 18, 2021**

AM Meeting: Thursdays at 7 AM — Muddy Waters, New London  
 Lunch Meeting: Thursdays at 12:15 PM — La Luna/Holiday Inn, New London

**TODAY'S PROGRAM**

**Dr. Tracy Espy**

*President, Mitchell College*

**November 25** **No Meeting**  
*Happy Thanksgiving*

**December 9** **Greg Stroud**  
*Publisher of the Connecticut Examiner*

**December 16** **James Butler**  
*Executive Director,  
Southeastern Connecticut Council of Governments*

**December 23** **No Meeting**  
**December 30** **No Meeting**  
*Best wishes for a joyous time to you and yours*

**PLEASE NOTE:  
NEW ZOOM INFO**

**Weekly Zoom Meeting**

Please join us for our weekly  
 Rotary meeting via Zoom.  
 It's very convenient and all you  
 need is a decent shirt/top/blouse/  
 sweater (pants optional).  
 Go to [ZOOM.COM](https://zoom.us) and click  
 "JOIN A MEETING" and enter  
 the info below.

**ID=812 9936 9727**

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**INVOCATION:**

November 18 Catherine Foley  
 November 25 No Meeting  
 December 2 TBD  
 December 9 Val West  
 December 16 TBD

**BIRTHDAYS:**

None

**ANNIVERSARIES:**

November 25 Julia Kushigian Secor  
 & Charles Secor Jr.

**Report for Club Meeting, November 11, 2021**

*by Bruce MacDonald*

**Our annual Veterans Day Program**

*The JNROTC color guard at New London  
 High School under the command of Cadet  
 Lt. Cmdr. Bennett Oaks presented the  
 colors. Cadet Seaman Christyn Campbell  
 led us in the Star Bangled Banner.*

[JNROTC AT NLHS \(hyperlink to the  
 You Tube video\) https://www.youtube.  
 com/watch?v=YAWXxveyXyl](https://www.youtube.com/watch?v=YAWXxveyXyl)

**Looking out for each other  
in the military and at  
Yale New Haven**

There are 1.3 million men and women  
 serving our country in uniform today  
 and each comes home with something.  
 Most bring back memories, harmless  
 recollections of their time posted here  
 or in one of the 150 countries where we  
 have troops stationed.

As our War on Terror continues, some  
 of those memories are less benign and  
 have been known to claim casualties  
 beyond the battlefield.

That's where **Javier Alvarado** comes in,  
 at least locally. He is the System Director  
 of Social Work at Yale New Haven  
 Health. He assumed the position after a  
 long career in the active duty Army and  
 the Connecticut National Guard.

He returned home with something he  
 learned in the military and put it to  
 work here.

Refreshingly simple in concept, it is  
 dubbed the "buddy system" a structured  
 effort that incorporates what the  
 military stressed to its soldiers: Look  
 out for each other because the stress of  
 combat can sneak up on you and rear its  
 ugly head.




They probably didn't put it quite that  
 way, but I'm pretty sure that's what they  
 meant.

The object was to prevent someone from  
 becoming a delayed battlefield casualty  
 from a war zone. The same goal could be  
 set for those civilian health care workers  
 during the covid pandemic.

The stress of war is well known, and  
 more recently much has been written  
 about the stress felt by the public health  
 care workers during the pandemic and  
 it is real. That is what makes the buddy  
 system organized locally by Alvarado  
 especially important.

Mary, chair of our annual Veterans Day  
 program, summed up his helping role  
 at the large health care system that  
 includes L+M Hospital:

"Javi has brought his military experience  
 to his role at Yale New Haven fulfilling an  
 important need during the pandemic."

The  
**ROTARY**  
  
  
**ANCHOR**  


A Bulletin of the Rotary Club of New London

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