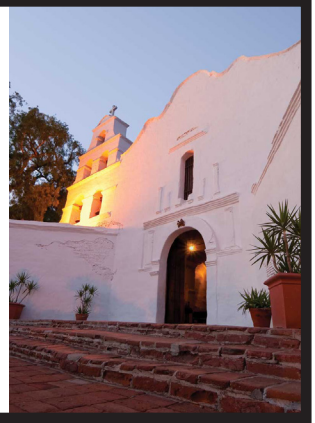




The Old Mission Bell of Old Mission Rotary



Meetings Every Tuesday at noon
at the Legacy Resort Hotel and Spa
oldmissionrotary.org

April 2022- Edition Two

Mental Illness and Suicide



Dave Jones is a member of the Escondido After Five Rotary Club which he describes as a Drinking Club with a Rotary Problem. Dave Jones is a mental health advocate who offers a unique perspective on depression and suicide. He told us his compelling personal story of mental illness in his family. Dave grew up in a typical American family in the suburbs of Cleveland and his program caused all of us in the audience to view mental illness differently. Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child

Suicide

Continued on Page 2

So You Think You've Got Talent San Diego!

Please promote our "So You Think You've Got Talent" Fund raiser! The date is set for the evening of Saturday, May 14th at Francis Parker School.

Members are asked to contribute by:

- Buying and Selling Tickets to the Show
- Buying and Selling Raffle Tickets
- Soliciting Talent to Compete in the show
- Soliciting or Donating prizes to our Silent Auction
- Making a Gift Basket for our Silent Auction
- Volunteering to help Staff the Event
- Promote the event with a PDF that you can send by e-mail or post in social media.

Participation by all club members is critical as the net profits are divided between Thousand Smiles (70%) and the Old Mission Rotary Foundation (30%) and is our only club fund raiser of the year.

Club Executive Secretary, Stan Vogelsang, has issued envelopes to every club member with four event tickets and seven raffle tickets to sell as a minimum for participation.

The world is changed by men and women prepared to make fools of themselves.

-P.D. James, novelist

STAR/PAL

Volunteer Luncheon

STAR/PAL is a nonprofit organization located at Colinas Park in City Heights that is dedicated to bringing youth and law enforcement together. Their programs are led by officers of the San Diego Police Department and are free of charge to youth throughout San Diego. Old Mission Rotary has participated in several of their events in the past year. Charlotte Cofield is our club's Community Service Chair and established our club's relationship with STAR/PAL as a way to promote peace and understanding in the community between residents and police.

STAR/PAL has invited club members to attend their Volunteer Lunch on Tuesday, April 26th starting at 11:30am.

There will be a taco truck and an awards presentation at the STAR/PAL offices at 4110 54th Street on the eastern edge of Colina del sol Park. Even though the event will take place on a Tuesday, our club will be dark for lunch as we are having our April Evening Social.

RSVP: mnunez@starpal.org.

Program Calendar

Why not invite a friend to an Old Mission Rotary meeting?

- Tuesday, April 19th-Burt Grossman with Adaptive Sports and Recreation

Rotary Calendar

- Monday, April 18th at 5:30pm **So You Think You've Got Talent San Diego.** Committee Meeting at the Boys and Girls Club or on ZOOM.
- Tuesday, April 19th- **Rotary Night at the Padres vs. Reds**
- Tuesday, April 19th **Board of Directors Meeting** immediately following the regular meeting.
- Tuesday, April 26th from 11:30am to 1:30pm **STAR/PAL Appreciation Lunch** at the STAR/PAL office at 4110 54th Street.
- Tuesday, April 26th at 5:30pm- **April Evening Social** at the San Diego Mission Bay Resort.
- Friday, May 6th- Saturday, May 7th- **Thousand Smiles Spring Clinic** in Ensenada
- Saturday, May 14th **So You Think You've Got Talent San**

Club Host- April 5th



Bob Self served as club host on April 5th. His tradition is to bring very interesting books for raffle prizes. Bob is a past president and was twice the chairman of our talent show fundraiser.

Bob is born and bred in San Diego. He attended San Diego State University and lived and worked in Paris as a paid intern for IBM before a lifelong career as corporate counsel

Suicide

Continued from Page 1

abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to health care can decrease suicidal thoughts and behaviors.

Suicide is a leading cause of death in the United States, with 45,979 deaths in 2020. This is about one death every 11 minutes. The number of people who think about or attempt suicide is even higher. In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide. Men are more successful at suicide because they typically select firearms as a method.

Suicide affects all ages. In 2020, suicide was among the top 9 leading causes of death for people ages 10-64. Some groups have higher suicide rates than others. Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives. Groups with the highest rates were non-Hispanic American Indian/Alaska Native and non-Hispanic White populations. Other Americans with higher than average rates of suicide are veterans, people who live in rural areas, and workers in certain industries and occupations like mining and construction. Young people who identify as lesbian, gay, or bisexual have higher rates of suicidal thoughts and behavior compared to their peers who identify as heterosexual.

Dave stressed that suicide is preventable, and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. Many resources provide information on the best available evidence for suicide prevention.

Club Host- April 12th



Bob Chalfa served as club host on April 12th. Bob has over 48 years in Rotary and started in the National City Rotary club.

Bob Chalfa is a past president of Old Mission Rotary and is this year's chair of our talent show fundraiser. This Who Am I? was dedicated to his wife Gloria who grew up in Mexico but is the daughter of a Swiss immigrant. Gloria's dad landed in San Francisco and was eventually hired by the huge copper company Phelps Dodge. They sent him to the Sonoran copper mining town of Pílares de Nacozari where Gloria grew up. Bob and Gloria will be celebrating 61 years of marriage this year.

District Governor Elect



Chuck Preto (L) of Club 33 visited Old Mission Rotary on Tuesday, April 12th. Chuck is our District 5340 Governor Elect and was exchanging district chit chat with Steve Nuñez.