



the CLARIFIER

CLAREMONT ROTARY NEWSLETTER

SERVICE ABOVE SELF

Claremont Rotary Year 91 | Week 9 | February 28, 2020

Program: Unmasking Suicide, Abe Esquibel

submitted by Buff Wright



Nick gave Abe’s brief craft talk in his introduction of Abe’s talk on suicide. Abe was born in Mexico, moved to Barstow, enlisted in the Army, got a masters in Social work and worked for 40 years at Kaiser as a social worker. Abe guaranteed he would not give a suicide demonstration.

plained that suicide is like a negative energy that looks for vulnerable people and tries to convince them that taking themselves out is a good solution. “Your life is never going to get better.” “You’re a failure.” “Your family will be better off without you.”

Abe would say to his patients that the goal of suicide is to take you out and to cause devastation to all around you. He affirmed their pain, but explained the persistent pain suicide causes to others.

Typically Abe insisted that the family be present for an intervention, asking them to relate to their child or sibling how they would be affected if the suicide was successful. Families were asked to provide positive feedback. Family members confess to a personal relationship with suicide 50-60 percent of the time. Most say they have ended their relationship with suicide, and could say how they did it, which is useful.

Abe would ask a patient whether they could commit to kick suicide out of their life, and if they hesitated, they would be admitted to the hospital. He often found that after a couple of hours with the patient, they were in a very different place. He shared a note received from a person who had tried to commit suicide, stressing the realization that suicide wasn’t a good solution. Suicide is really a self imposed death penalty, a more shocking term that emphasizes its terrible impact.

It is very important to respond when someone appears to be suicidal, lest you become another who suffers from the impact of suicide. Ask them, “are you thinking about taking your own life?” Report it! Let them know they are valuable to you. Make sure they have no access to a gun. Make sure medications are in a secure place. The more we talk about suicide, the weaker suicide becomes. Talk about it!

Abe fielded several questions—a measure of our interest. Thank you for this important erspective, Abe!

Abe anticipated that people might find the talk to be depressing and so indicated that he found his experiences to be uplifting. Many of the Club members have known someone who has committed suicide. 47000 people commit suicide annually and it’s on the increase. Suicide is one of the most common causes of death among teenagers.

For 22 years he worked in three different clinics dealing with families and individuals. For the last 17 years, he worked in the ER. He was called in when a patient needed a psych eval, and had the authority to hospitalize patients.

Abe used a powerful intervention, an Australian approach, that explains that suicide exerts power from an external position. He’d begin by asking for permission to give his take on suicide. Most patients said yes.

He’d ask, “what is your relationship with suicide?”, referencing suicide as an entity, an external influencer. Sometimes the “relationship” had gone on for years. He ex-



CHS Interact
Quarterly Report
Inside on p. 3

CLAREMONT ROTARY: THE MEETING

submitted by Chris Shaner

President Cameron rang the crowd to order and called on Randy Prout to lead us in song. God Bless America was a timely plea given the challenges afoot with the Corona Virus.



WELCOME GUESTS AND VISITING ROTARIANS

Betty Sheldon introduced her guest, Jeannine Phillips.

Rotarian Jim Long visited from the Upland Club.

The Club demonstrated fine water glass form singing the Welcome Song.



ANNOUNCEMENTS

A big thank you to Rich Laugh-ton, Bonita Ramos and the 59 TWP volunteers!

The noon meeting on **March 6** will be replaced by a Club Social at Walters Restaurant on Yale, beginning at **6:00 pm**. RSVP to Armanariane@gmail.com. The price will be \$10 for those prepaid and \$20 for all others. Three types of appetizers and music are included. Wine will be \$4 a glass. Bring friends and family!



Bernadette Kendall gave thanks to the RYLA committee for its work this past week. We are sending 7 boys and 7 girls to camp for leadership training.

Bill Burrows needs our contributions for the 2020 Taste auction/raffle. Think about a basket you or your business might put together!

VOLUNTEER: CHAP Work Project on the morning of **March 21**. We also need people to join a dinner at CHAP, on the evening of **March 22**. Contact Anita Hughes or Cameron Troxell to volunteer.

VOLUNTEER: Cub Scouts need a 2-3 judges for a pinewood derby on March 14. See **Ian Standley** for details.



Book your Westin Pasadena hotel room now for **District Assembly/Conference on May 1-3**. (Information at the [District 5300 website](#).) Ask for the Rotary rate (\$169) The purpose of the district conference is to engage members at all levels, from our most-senior leaders to the newest club members. (A few surprises are in the making). These meetings are a

INSPIRATION FOR THE DAY

Roger House reminded us that February 29 is Leap Day and offered some possible explanations for the day from an article on BBC.com.

1. The leapyear's extra day is necessary because of the "messiness" of our Solar System. One Earth year (a complete orbit around the Sun) doesn't take an exact number of days (one complete spin of the Earth on its axis). In fact, it takes 365.2422 days, more or less.
2. Until Julius Caesar reigned, people observed a 355-day calendar - with an extra 22-day month every two years. But it was a convoluted calendar and feast days began sliding into different seasons. So Caesar ordered his astronomer to simplify things and Sosigenes opted for the 365-day year with an extra day every four years to scoop up the extra hours. This is how February 29 was born.
3. Every fourth year is a leap year, but a year that's divisible by 100, but not by 400, is not. So 2000 and 1600 were leap years under the Gregorian calendar, but not 1700, 1800 and 1900. The reason is that the year is 365 days and a quarter long - but not exactly-- it is very slightly less. The answer arrived at by Pope Gregory XIII and his astronomers when they introduced the Gregorian calendar in 1582, was to lose three leap days every 400 years. The math has hung together ever since. It will need to be rethought in about 10,000 years....



CHS Interact Quarterly Report

CHS Interactors attended to provide the Club with the Club’s quarterly report. Club Liaison Bridget Healy thanked Brett O’Connor and Jim Elsasser for facilitating getting students to the meeting.



President Faris Banihani reported that on March 26 ballots go out for next year’s leadership, with a week allowed for voting.



President-elect Mercer Weis noted that they had changed the ballots to provide more info about candidates. He also reported a funding drive for a homeless shelter in Pomona.



Addison Walberg, a freshman rep, talked about the Rethink Kindness project. They have printed messages on coffee cup sleeves, and distribute them to local coffee shops.



The other freshman rep, Alana Polanski highlighted the fact that Interact will help with help with set-up and cleanup for the Taste of Claremont.



Isabelle Winnick said that five interactors are going to RYLA. She and others enjoyed the interview process. She has assisted CLASP for two years at VISTA, loving the experience and seeing kids grow. Ellen Thompson spoke at a recent meeting about a summer program for kids at the Gardens.



Bao Phung, a sophomore rep, talked about the Club’s support of the late July summer program for kids who don’t have another chance to experience camp.



Lyna Bui -- historian. 24 members have signed up to help set up and clean up for the Annual Pie Festival in the Village March 21.



Amelia Trancone, secretary of Hours. They have created a system for students to review their hours. With 73 members, 2000 hours have been volunteered so far.



Debra Emm, is Treasurer and a senior. She highlighted the Club’s donations to CLASP (\$250) and ShelterBox (\$100).



OK-JooYoo, senior and Secretary of Minutes reported that two weeks ago, the club donated 15 pairs of shoes to Shoes that Fit



Ani Singh, Secretary of Rosters, reported that on Jan. 4 the Club had a meeting to consider spring events, including a fundraiser for CLASP in April. A policy change has led to the secretaries of minutes and hours working more closely together.



Club Advisor David Sawyer concluded by saying that he is proud to be associated with this fine group of students. Six of the students acknowledged they had been to RYLA (4) or TLC (2) in the past; 5 will go to RYLA '20. We’re very proud of our student leaders!

SERGEANT SUSIE ILSLEY

Sergeant Susie fined Roger House for giving the second program of the day for the second week in a row.

Anita Hughes was given an opportunity to brag about her grandson Alex, the student of the week at El Roble Intermediate School, chosen by his teachers. He also has an ice hockey tournament coming up.

Pat Hauducoeur was asked to describe her DMV registration experience when she first moved here, as alluded to in the TWP Clarifier edition. While she was there, a woman crashed through the wall and pinned Pat against a wall! Pat then drove to LA and was in shock -- she had no idea where she was going! Somebody needed to be fined!

Susie asked Ian Standley to describe the recently reported "earth"quakes on Mars. He noted there were confirmed "Mars"quakes; that news was true. But it is not true that they found evidence of life on Mars. Nevertheless, the mission will be extended for three more years.

Mindful of the short time, Susie gave everyone else in the fining lineup a reprieve til next week and turned to President Cameron, who offered Chris Shaner's two tickets to March 7 performance of Book of Mormon at the Ahmudson Theater. Sold! For \$200 that will go to the Club Foundation.



3 Truths and a Lie

Today's Contestant:

Felix Villanueva



1. At age 10, I taught my grandmother how to read and write. At age 12, I taught my mother how to drive a car.
2. My father was a loan shark, known as "Don Villa." At his funeral I met his associates, who made it clear they expected me to assume my father's role as the new "Don Villa," all this while dressed in my US Navy Dress Blues uniform. (Did he accept?)
3. While stationed on the USS AMERICA (CV-66), an aircraft carrier, I had the opportunity to fly in the back seat of an F-14 Tomcat fighter plane. My call sign was "Chaps" for Chaplain.
4. Stationed in the Philippines from 1986 to 1989 during a period of political unrest, I was able to travel throughout the archipelago, often in the company of General Fidel Ramos, who in 1992 became the President of the Philippines.

The lie? #3 He went through the training, but when he was ready, the rules had been changed so that non-pilots couldn't ride in the cockpit.

In Memorium

John Tulac gave a moving tribute to Dr. Marjorie Parker who recently passed away. Marjorie was an amazing, inspirational woman who was once a member of our club. She exemplified service above self -- and dropped out of Rotary only because she couldn't make meetings while doing all the service she did here and around the globe.

We give our condolences to John, whose father passed away last week. Dad was 97 and lived a good, full life..



Rotary



ROTAPLAST MISSION

Our club is supporting the 2020 Rotaplast mission currently underway in Agra, India (Feb. 23 – March 8.) PE Sandra McLaughlin from LaVerne is participating. She will report back so you can consider whether you might participate in the future!



