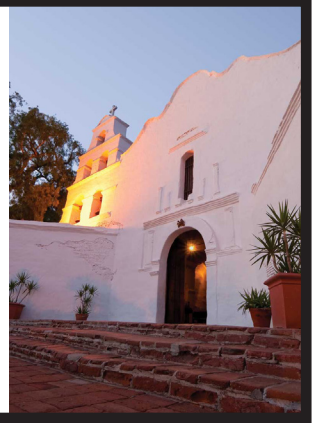




# The Old Mission Bell of Old Mission Rotary

Meetings Every Tuesday at noon  
at the Legacy Resort Hotel and Spa  
[oldmissionrotary.org](http://oldmissionrotary.org)

February 2022- Edition Three



## Four Way Test Speech Contest Reality Changers!



*High School students from the Reality Changers program once again participated in our Old Mission Rotary club round of the Rotary District 5340 Four Way Test Speech Contest*

Old Mission Rotary conducted the club round of the District 5340 Four Way Speech contest on February 15th. We look forward to this important and impressive event every year and this was our second time to have the contest on Zoom! Old Mission Rotary is one of many clubs across our Rotary District 5340 to sponsor a first round contest. The rules are all the same throughout the district and students have between five and seven minutes to deliver a talk that is judged on content, organization, delivery and application of the of the Rotary Four Way Test.

Year after year, this event has been flawlessly organized and executed

at Old Mission Rotary by Eric Benink. Also in the Zoom crowd was District 5340 Four Way Test Speech Chair Nancy Vaughan of the Downtown Breakfast Club. As is our club's tradition, students from the Reality Changers Program participated in our Old Mission Rotary club round.

Reality Changers was founded in May 2001. The program gives students living in areas targeted by gang culture an opportunity to become the first in their families to attend college and provides a positive peer culture, Many Old Mission Rotarians have served as

***Four Way Test Speech Contest  
Continued on Page 22***

## The Four-Way Test

The Four-Way Test was adopted by Rotary in the 1940s and remains today a central part of the permanent Rotary structure throughout the world, It is held as the standard by which all behavior should be measured.

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

## Dr. Kristine Reese



*It is with a very a heavy heart that we announce that our fellow Rotarian Dr. Kristine Reese passed away in a tragic accident on Saturday February 12th. We are stunned and heartbroken with the loss of this vibrant and caring Rotarian. Kristine was a the Medical Director at Lotus Rain Naturopathic Clinic.*

### ***Four Way Test Speech Contest Continued from Page One***

mentors and tutors over the years. The founder, Chris Yanov, used money he won on the TV game show Wheel of Fortune to launch his dream! Reality Changers has a 98% success rate of getting participants into college and many are the first in their family to do so!

#### **Evelyn Martinez**

Speaker One has transformed her life through role models in school and in her community. Not long ago, she was a disinterested student with a bad attitude and a 1.8 GPA. With the support of teachers and others in her community she has blossomed into a passionate student. She did caution us not to define a person's intelligence strictly by their grades as in the end, success is determined by hard work and determination.

*Evelyn is a senior at San Diego High School and her favorite subject is English. She loves spending time with her family and going to the beach. After high school she plans to start at a community college and then transfer to Point Loma Nazarene College to study child development and psychology.*

#### **Evelyn Navarrete Gomez**

Speaker Two always wondered why her parents lived with illness and pain and never went to the doctor. One day she realized that affordable health care was simply not available to her family and that this was typical in her Latino community of City Heights. When her mother developed cancer, speaker two was determined to fight injustice in the complex and expensive health care system. She noted that free health care for all would benefit all of society.

*Evelyn is a junior at Hoover High School and is enrolled in their Academy of Health and Healthier Communities (AHHC). She is very grateful to the AVID Program as it prepares students for college eligibility and success. She loves to read and enjoys running and hopes to attend UCLA and study Biology.*

#### **Ricardo Cardenas**

Speaker Three struggles with ADHD which stands for attention deficit hyperactivity disorder. It is a medical condition and a person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect a child at school, at home and in friendships.

Speaker Three did not want to define himself by his condition and so when he was in seventh grade, with the help of an aunt he started to receive treatment. He stressed that with proper medical attention and planned school curriculum, people with ADHD can be happy and productive. He implored us to show kindness and open hearts to those struggling with the condition.

*Ricardo is a freshman at Patrick Henry High School and enjoys math and engineering. He loves to read and to play volleyball. In college he wants a curriculum that will prepare him for a medical career.*

#### **Mokhinabonu Nuriddinova**

Speaker Four advised us to be proud of the mistakes we make in life. She noted that mistakes build character and are an opportunity for self improvement. She stated that "Mistakes are who we are." Mokhinabonu (silent k) was born in Uzbekistan and has been in the US for 13 years. She enjoys reading

*and baking. She is a Junior at Patrick Henry High School and wants to get into a medical program at either UCSD or UCLA.*

Our club judges were Miles Durfee, Shari Stauder, Don Krupp and Charlotte Cofield. Eric Benink served as moderator and time keeper. As always, it was very difficult to rank the speeches as the students were all well prepared and passionate.

#### **Contest Results:**

- First Place: Evelyn Navarrete Gomez- \$150 prize and she will go on to the next round of the District 5340 competition.
- Second Place: Ricardo Cardenas- \$100 prize
- Third Place: Evelyn Martinez- \$75 prize
- Fourth Place: Mokhinabonu Nuriddinova- \$75 prize

Old Mission Rotary will host the Sub Region Four District 5340 round of the Four Way Test Speech.

"There are only two types of speakers in the world. The nervous and the liars."  
-Mark Twain



*Jordan Harrison from Reality Changers was part of our Zoom meeting. His title is Vice President, Community Impact & Partnerships Jordan is a member of the San Diego Rotary Club 33.*