



TOASTMASTERS
INTERNATIONAL

The Founder

www.foundersdistrict.org

WHERE LEADERS ARE MADE

DECEMBER 2013

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Founder's District:
The Birthplace of Toastmasters



Marie Hulett,
Editor in Chief of *The Founder*,
with her snow “mountain lion.”

The holidays are upon us again. 2013 is rapidly coming to an end and many of us are switching into a mode that often is very “un-holiday-like!” Instead of relaxing with family and friends, enjoying well-deserved time off, we put ourselves into crowded malls with long lines of irate customers, congested freeways, or celebratory entertaining situations that are stress-filled and hectic. In a nutshell, we forget what the holidays are all about.

This year, I encourage all of you to step back for a moment and breathe in all the goodness the holidays offer. Make time to play in the snow of our local mountains, to sample the holiday cuisine of many cultures, to

learn about and take part in a holiday tradition that is not your own, and to have fun—the latter being the key to a long and happy life.

Don’t dwell on disappointments and the things you weren’t able to do this year. Rather, reflect on your accomplishments and resolve to reach some new milestones in your own personal growth and development for the upcoming year.

If you have Toastmaster goals that are evading you, remember, your club full of members can help guide and mentor you. (And all you seasoned Toastmasters, don’t forget to offer your expertise to new members who can use a leg up!) Holiday giving isn’t just about wrapped presents—it’s about giving of ourselves as well.

Bring the holiday spirit to your Toastmasters’ meetings. Have a “*Holidays Around The ToastmasterWorld*” theme, inviting members to bring festive food and to speak about their own holiday traditions via *Table Topics*. Invite guests and encourage them to share their stories as well. A club meeting conducted in this manner makes for a holiday and a memory to be cherished.

Be sure to take photographs and send them to me, along with a brief, accompanying story. We’ll include a sample of these special events in our online newsletter. Photos and stories should be emailed to me at: mhulett@coastline.edu. Happy Holidays and a Prosperous New Year to all!



WHERE LEADERS ARE MADE

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The *Fall Conference* was well-attended and loads of fun. It began with an interactive key note presentation by drum cafe (top photo - conference attendees getting into the “rhythm of teamwork”), and was followed by an informative business meeting, inspiring evaluation contest (left photo), delicious food, educational presentations, silent auction and opportunity drawing, and a grand finale that featured the best Tall Tale Tellers of Founder’s District!(Pg. 8)



Harry Yan, DTM
Founder's District Governor

Pursue Your Passion

The theme for this Toastmasters year is “Pursue Your Passion.” Live your life to the fullest by investing yourself in activities that inspire your enthusiasm for the task rather than to prove you could do it better than anyone else. Invest yourself in activities that light your fire. What gets you excited just thinking about doing it? What are the things you would do even if you were not paid for doing it? What gives you joy? What gives you satisfaction and fulfillment? Find your passion and pursue it with all the gusto you can gather. When you pursue your passion, you will awake each morning with a new spirit of adventure. You will look forward to how each day will unfold--what would you experiment with; what insights would you have? You will find ways to make chores opportunities to be creative, and you will be energized instead of exhausted.

“When you are inspired by some great purpose, some extraordinary project, all

your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.” –Patanjali

I look forward to travelling this road and experiencing this ongoing transformation along with you because we are all a part of Toastmasters International, a driving, passionate force with a noble mission to enrich the lives of people all over the world. Furthermore, we are a part of Founder's District, the birthplace of Toastmasters. Let us make Dr. Ralph C. Smedley proud by working together to use the skills we gain to make a positive lasting impact on the lives of people in our family, at our workplace and in our community.



Toastmasters International Mission

We empower individuals to become more effective communicators and leaders





the menu was put together, decorations lined up and stations created in our audio devices! The day of our Mexican Christmas/ Toastmasters meeting came. On the menu: El Pollo Loco chicken, tender carnitas (Mexican-style pork meat), warm corn tortillas, delicious home-made tamales, spicy salsa, savory guacamole, tasty rice and beans to name a few delicacies. Decorations in bright greens, reds, golds and browns brought

Claudia Heredia, ACB, ALB **¡Feliz Navidad!**

My Toastmasters club, Tools 2 Lead based out of Department of Child Support Services office in Santa Ana is comprised County of Orange staff from several agencies. Therefore, around this time last year I had already partaken in my share of the traditional holiday meals: turkey, stuffing, mashed potatoes due to various team Thanksgiving luncheons, birthday luncheons, etc. So when the time came to plan our Toastmasters club's Christmas luncheon-I quickly had visions of cranberry sauce and pumpkin pie dance in my head. If I had one more helping of green bean casserole I was going to turn a funky shade of Kermit-the-Frog green! When I shared these "visions" with my club, they agreed with me. We were saying "No Way Jose" to turkey and mashed potatoes! Ok, great! Now what?

My brain starting working like a hamster on a wheel. What could our club do that was special yet not conducive to turning any of our members' complexion amphibian-green? As I looked across the room I realized that many of our members enjoy Mexican food, and the suggestion was thrown out... why not have a "Mexican Christmas"? Before you know it,

warmth to the conference room, while Christmas carols in Spanish brought a sense of authenticity to the celebration. The agenda for the day was slightly modified for the occasion. The Toastmaster efficiently facilitated the meeting while all enjoyed a pleasant Mexican Christmas feast. The Table Topics session entertained everyone in attendance. And while this was not a traditional Christmas luncheon, the memories that were made that day were customary to Tools 2 Lead embracing a friendly environment.



Mission of the Club
We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

A Feud Erupts at Division B

by Chris Christman, DTM

I once watched “Family Feud” on TV as a captive audience sitting in a medical office awaiting root canal surgery or a colonoscopy. It was an amusing sedative for the occasion.

Now Division B Governor Ryan Matsunaga has produced his own variation of “Family Feud” based on answers to a Google Survey he sent out to ascertain the interests and concerns of Division B Toastmasters. I can only guess that one of the concerns must have been that Division B meetings needed a feud ... or a game show ... or both.

So at the November 5 meeting of Division B, Ryan flawlessly rolled out his new production with considerable more efficiency and fun than the Affordable Health Care Plan. It actually enrolled contestants to guess the answers to survey questions about Toastmasters.

The competitors were the Area Governors versus the Assistant Area Governors or past Area Governors or anyone who had ever succeeded in tying their shoelaces. Each team racked up points so that the winning team members were able to keep their medical plan and doctor, maybe. The others were referred to the AHC Website. (Or am I confused?)

As a spectator in the audience, I tried to match my skill with the contestants:

1) What is an unexpected benefit of Toastmasters?

Being able to tell my boss what I really think.

2) Name one extracurricular hobby of Toastmasters?

Yodeling.

3) What is a mistake new members make?
Having children before completing their

CC.

4) What is the key to a good speech?
Having two stiff drinks before speaking.

The Area Governors won. I decided the game was rigged because none of my answers ever appeared on the screen. I suggest that the Division B Governor should now turn his talents to the “Obamacare” website to help keep applicants amused as they try to enroll.



Ryan Matsunaga, ACB, ALB
Division B Governor

Coming to the December 3 Division B meeting: Toastmasters BINGO!

Chris Christman, DTM,
a long-time member of Toastmasters, is a member of Pasadena Community Toastmasters and San Gabriel Wine and Dine Club. She is a retired public relations director, English teacher, and perennial expert of etcetera.





Glenn Yasukochi, DTM ***Slowing Down the Game***

In baseball, it's called slowing down the game. It is the reason we joined Toastmasters, and it is the key to our success. The rookie batter hears the roar of 50,000 fans. He is thinking about all of the combinations of pitches he may be thrown: from fastball, curveball, and slider to location such as outside, inside, low or high, including the speed of the pitch, fastball or changeup. All of this, not counting the perfect swing to hit the ball. The world of baseball, for the ballplayer, is very fast -an adrenaline rush. When the game appears to be very fast, the player tightens up and is unable to use full access to the brain.

In contrast, the veteran stays relaxed and is not rushed when the ball is put in play. Experience is the most common way to slow the game down. Through years of making mental and physical mistakes, the veteran learns to slow the game down; he knows beforehand what to do in certain situations. When he is in that zone everything moves at a slower pace, like he has all the time in the world to make his move.

You might be asking yourself, "Why can't I just make myself calm and relaxed without

the challenges?" Adrenaline is a body's natural response to stress, anger or fear. Taking on challenges teaches our mind and body how to put things into a proper perspective. Knowing what you are supposed beforehand will dramatically slow the game down because there is less pressure in split-second decision making.

When I first gave my Ice Breaker speech, there were 20 members present, but I felt like the rookie batter in front of that crowd of 50,000. Every speech I have given, from my Ice Breaker, to participation in speech contests makes me more confident that I will deliver a speech that is the best of my ability rather than one that will just get me by without embarrassing myself. From club President to Division Governor, I learned not to panic or overreact, but to pause for just a moment, and evaluate the situation before reacting.

Slowing the game down doesn't mean you stop being nervous. It does mean you are in control of the situation. I believe most major league ballplayers want to make it to the postseason. The elite ballplayer is not driven to the postseason solely by the prospect of money or fame, but by challenge of overcoming the adrenaline and using his training to slow the game down.

So go out and tell your fellow members and prospective members if they are willing to give speeches beyond the club and take leadership roles beyond club president, they will ultimately reap the greatest benefit of all: being in total control of their own destiny in their family, work and social life. Because anything is achievable after they have learned to slow the game down.

About Founder's District

Founder's District is the birthplace of Toastmasters. Founder's District serves 200+ Toastmasters clubs and more than 3,500 members in Southern California. For more information, please visit: www.foundersdistrict.org



Founder's District Conference

Highlights

The Founder's District Fall Conference was held on Saturday, November 9, 2013 at the Holiday Inn Conference Center in La Mirada, California. It was well-attended by both Toastmasters and guests who enjoyed the Conference theme: "The Rhythm of Teamwork." Keynote presentation, "Drum Café," was a highlight to start the morning off after a continental breakfast. Everyone had a wonderful time at the drum circle and created special "music." Small souvenir drums were sold with the Founder's District logo. The business meeting was well attended and had the required number of club officers in attendance to fulfill the quorum. A review of District documents including the budget for 2013-2014, the year-end Audit Report, and the District Club

Alignment update was completed.

All the Divisions (A-H) submitted reports with highlights from the first part of the year. The business meeting documents are available on-line at www.foundersdistrict.org/district-committee-reports.

The Evaluation Contest was held with Founder's District most eloquent Evaluation Contest Master, John Barry. Speech contestants were: Jeremy Davis, Karen Thompson, Norm Cook, Christi Mottola, Nigel Blackwell, Jerry McMillan, Aneza Haleem, and David Morris.



Evaluation Contest Winners: Karen Thomposon (3rd place), David Morris (2nd place), and Jerry McMillan (1st place)

A huge thank you goes out to test speaker, Sarah Khan, whose speech entitled, "Beauty and the Beast Uncensored" was an instant hit.

During the lunch break, C&L Recipient,

Natalie Spiro, the Founder and President of Drum Café was honored and the Public Relations award announcements were made:

Diamond Web Award:

1st Place: William Hung of the West San Gabriel Community Club



2nd Place: Krystal Rose of Parsons Toastmasters Club



Founder's Film Award

1st Place: Hiram Arooz /Janice Wong, Union Bank Club

All the Distinguished members were recognized and they received special pins. The DTMs were also honored, given their special medals and name badges, and asked to participate in the traditional “DTM Hug Line.”



After lunch, attendees were able to attend a variety of Education Sessions: Roberta Perry, DTM – *Outside-the-Box Thinking: Mental Flexibility*, Ede Ferrari-D’Angelo, DTM, PDG and Charley Patton, DTM – *Better Presentations A-Z*. All received excellent reviews and immediately following the presentations, a lovely dessert break with cake/cookies in the afternoon, and a last chance to purchase Opportunity Drawing tickets (over 80 prizes and 10 silent auction items were available). Thank you to all who participated; the drawing and auction brought in over \$1,000! Bill Harmon, CC, CL was excellent in his role as Opportunity Drawing Chair!

Tall Tales Talent TREMENDOUS!

Contestants at the November 9th conference “stretch the truth” to audience delight!

Speech competitions at the district level are always a treat for spectators and when the affair includes Tall Tales, the entertainment factor skyrockets. The big event, emceed by Contest-master Jeanne Cassidy, was the grand finale to an action-packed conference that is sure to go down in the record books as one of the best ever!

Tall Tales competitor and 3rd place winner, Brian Goodhead, had everyone rolling in the aisles with his “true” story of entertaining residents of the Hannah Barbara cartoon character retirement home. His voice impersonations of Snagglepuss, Yogi Bear and Booboo, and other favorites were spot on, and his humorous writing for these characters was top notch.

Richard Snyder, 2nd place, promised everyone who bought his hair restoration product a full head of hair! But in the end, all the “hare” he could generate was a fluffy, white rabbit. He concluded



his presentation with, “...you may think this was a Tall Tale, but you would be wrong! It’s a cotton tail!”

This year’s winning speech by

David Moore was a story that took the audience on a great adventure, involving a giant eagle that swooped David up into the air! The two formed an unlikely partnership when David directed the raptor to an easy meal—a couple of mice in a marijuana field. (The mice were clearly “under the influence.”) In the end, as David put it, it demonstrated how “two stoners were killed by one bird.” (Think about it!)

Judges definitely had their work cut out for them. Each and every competitor gave a phenomenal presentation that was memorable and fun. As we always say in Toastmasters, everyone who competes is a winner. But for this competition, that truly was the case. Hats off to Jill Day, John Shealy, Steve Summers, Leonard Szymczak, and Lynn Walford for their brilliant performances.

Friends Helping Friends

Woodbridge Celebrates 10 Years in Toastmasters

Have fun in your Toastmaster club meetings! A warm and friendly environment, where new members are welcomed, and each club member supports learning and development, enhances speaking and leadership skills and fosters lifelong friendships. The Woodbridge Toastmasters, Club #2234, with the motto “Friends Helping Friends”, exemplifies this relaxed and welcoming club environment, which explains why this club continues to thrive 10 years after being chartered.

In her first official duty as the F-4 Area Governor, Sherry Tomasula, installed the club’s incoming officers and presented a certificate from Toastmasters International acknowledging the club’s 10 year anniversary.

Club President, Diana Garofalo, highlighted multiple years as President’s Distinguished, and noted: “There are many opportunities in Toastmasters. Don’t let fear get in your way.” Acknowledging one member’s recent completion of the Competent Communicator (CC) manual, she reminded all members that, “Learning is a lifelong activity.” Members can pursue advanced speech manuals, attend officer training, participate in contests and conferences, serve as a club officer, or take on leadership roles at the Area, Division, or District level.

Philip, a member of the club since last September, emphasized the quality of the programs he attended at LACE. Cari H. mentioned that one highlight of her recent LACE experience was having her picture taken with William Hung, of American Idol fame, who is also a Toastmaster.

During the celebration, Woodbridge club members shared what makes their club special, but the same holds true for many clubs throughout Division F and Founders District.

Immediate Past President, Vicky, and her

husband Dale, who has also served as a club officer, were both acknowledged by former member Sam F., who praised the pioneering founders for having worked tirelessly in organizing, recruiting and planning events, and described the impact this Toastmasters club has had:

“... Woodbridge Toastmasters has touched the lives of so many people. It has been a source of compassion, knowledge and hope for so many of us that struggle with anxiety over public speaking. At the meetings, we could learn while having fun and meeting wonderful people. We could go from wall-flower to wild-child and test our limits. Spread our wings. Step outside of our comfort zones, and grow.”

Michelle, who joined last June, felt immediately welcome when she walked through the door at her very first meeting. “It was a really safe place to land.” She also emphasized the club’s mentoring program, saying “I’ve had a chance to mentor, and I learned so much from that.” By mentoring another club member, you share the knowledge you’ve acquired while helping others develop and grow.

The club encourages involvement in contests. Elizabeth reminisced about one member’s memorable speech during a contest at Kaiser, while Diana mentioned former member Julie T. (now in the San Francisco area) who initially won an Area Contest with a speech about her fear of speaking, but later went on to win a District contest for her skillful evaluations. Sharon F. explained how Toastmasters gave her the confidence, the tools, the leadership skills, and the exposure to become a bible study leader at her church.

New member Doug said “It’s a great group of people. I plan to be around for a long time.”

The anniversary celebration reminds us all to share our personal stories and let others know our own positive experiences as members of Toastmasters International. Develop speaking and leadership skills while forging friendships that endure for decades.



A Toastmaster's Journey

By Michelle Bender, ACB, ALB

A Toastmaster's journey
Is like a flight
Into the air and
Into the light

Where you'll end up
Only you will know...
It's a mystery to learn
How far you can go

At first we are like
a bumbling bee..
but then we practice
and begin to see

Our progress we make
At each meeting we learn
And become more confident
At each new turn

We make a few blunders
Here and there
We're not afraid to show
that we care

We gain our confidence
And then...
We come back for more
Again and again
Who is to say
What we can do
Only you will know
What's inside of you

Let's not be afraid
To try something new
For we can soar high
Into the blue

Keep up your journey
Into the light
Spread your wings like a bird
Upon a free flight

You'll soar on the wind
And up far and high
Into the clouds
With the sun and the sky

Like a bird who learns
To enjoy the flight
Your journey with Toastmasters
Can bring YOU to new heights!

PCOC Actor's Guild

*Charter Ceremony Held
November 6, 2013*

Ryan Matsunaga presented the Club with an engraved gavel to commemorate the special occasion. This new Club meets at the Pasadena Convention Center on the 1st and 3rd Wednesday of the month at noon. Pictured are Division B Governor, Ryan Matsunaga with Club President, Patty Quiroz, and the Club VP of Education, Danita Maxwell.



Photos from Founder's District Conference

See More at: www.foundersdistrict.org/home/photos

