

**TOASTMASTERS**  
INTERNATIONAL

# The Founder

www.foundersdistrict.org

WHERE LEADERS ARE MADE

MARCH 2014



Find "Founder" and  
**SCORE FREE**  
Conference Tickets!

*Happy Birthday  
Founder's District!*

*DistrictMessages*

Interviews with  
Jennifer Elam, Division  
Governor of the Year,  
and Alex Ruiz,  
Toastmaster of the Year

**Increase your club's  
FUN FACTOR**

*Finding Your Voice*

The Qualified  
Speakers Program

The Wonderful (and  
Terrible) Table Topics

**...and MORE!**

**Founder's District:  
The Birthplace of Toastmasters**



Lt. Marie Hulett, PIO  
Orange County Animal Control,  
Veterinary Public Health

## Marie Hulett, Editor in Chief of *The Founder* (Image above from 1992 Television Show, "Dimension Forum.")

From the time I was four years old, I wanted to...no, I KNEW that I'd become a veterinarian. I was a shy little girl and animals were my best friends. They didn't judge me, and no matter what I did, they were always there for me.

In high school, I enrolled in the hardest science and math classes available to me, took care of the baby farm animals in the FFA program, and volunteered with 4-H raising chickens and working with guide dog puppies. I graduated with honors and went on to college at Cal State University, Long Beach, where I majored in Zoology, an approved major for pre-vet and pre-med students. When not at school or studying, I worked as a Veterinary Technician in a small animal practice, and also volunteered with an equine and exotic animal vet. I did everything one is supposed to do to get into veterinary school.

But life throws everyone curve balls. There were only 18 veterinary schools in the whole United States and it was actually easier to get into medical school at the time!

My first application resulted in a friendly

rejection letter, urging me to try again. So I figured I'd get experience in another area of veterinary medicine before I threw my name into the hat once more. I started working for the Orange County Department of Veterinary Public Health, also known as "animal control."

I learned how to manage urban wildlife, escaped livestock, contagious

diseases, and so much more. It was great...I was **bound** to be selected for Vet School with this type of experience! So I applied again and received the SAME rejection letter with a different date!

I did not give up. I went back to Cal State and got my Master's degree; I applied to veterinary school...again. When I received another clone letter with a new date, I decided that perhaps I was already where I needed to be to help animals the most—which, as I thought about it, was the reason I wanted to be a vet! I settled into the County and rose through the ranks, becoming the first woman Lieutenant in Field Services. My favorite experiences working for O.C. Animal Control revolved around finding lost dogs and getting them back home. (I left the County in 1999 to work in educational television, but that's another story!) With the lost-animal theme in mind, however, I am introducing "**Founder**" the "lost" dog! (See the cover.) He is hiding in two spots in this issue.

You'll have to read **EVERY** article to find him. If you are one of the first two readers to locate him in both places, email me at [mhulett@coastline.edu](mailto:mhulett@coastline.edu) and tell me where he is. If you are correct, you will receive a **free all-day admission** to the Spring Conference and International and Table Topics Speech Contests! Happy Searching!



WHERE LEADERS ARE MADE

# Table of Contents

The Founder - March 2014

## Pro Team

### Pro Advisor/Webmaster/ District TV

Dan Cossack, DTM

### Editor-in-Chief

Marie Hulett, ACB, ALB

### Executive Editor

Michelle Bender, ACB, ALB

### Director of Communications

John White, CC, CL

### Social Media Chair

Robert Kelleman, DTM

### Judges Bureau Chair / Publicist

Avis French, CTM, CL

### Photography Co-Chairs

Linda Daugherty,  
Richard Daugherty, DTM

### Videography Chair

Lourdes Ortiz, ATMB, CL

### Speakers' Bureau

Victor Broski, ATM, CL

### Data Administrator

Vincent Thieu Vo,  
ACB, ALB

## INSIDE THIS ISSUE

<i>Pursue Your Passion</i>	Page 4
<i>Happy Birthday Founder's District!</i>	Page 5
<i>District Messages</i>	Page 6/7
<i>Jennifer Elam, Division Governor of the Year</i>	Page 8
<i>Increase Your Club's Fun-Factor</i>	Page 10
<i>And The Winner Is...</i>	Page 12
<i>Reasons for Becoming an Area Governor</i>	Page 13
<i>Finding Your Voice</i>	Page 14
<i>ACTS Club—Qualified Speaker Program</i>	Page 15
<i>Why Use Social Media to Promote Your Club?</i>	Page 16
<i>Speak Beyond Your Toastmasters Club and Get Paid!</i>	Page 17
<i>A Club Chartering Success Story</i>	Page 18
<i>First American Toastmasters</i>	Page 19
<i>The Wonderful (and Terrible) Table Topics</i>	Page 20
<i>Alex Ruiz, Toastmaster of the Year</i>	Page 21



*Founder's District is Turning 70!  
Dr. Frances Jordan Stein  
chronicles the District's  
amazing journey through the  
decades and puts the spotlight  
on a year of celebrations! (P. 5)*





**Harry Yan, DTM**  
*Founder's District Governor*

## ***Pursue Your Passion***

The first day of spring is March 20. Spring is my favorite season because it is an annual reminder of renewal. In the wintertime many parts of the country are covered with snow. The trees are bare and the grass and flowers have died. But after the winter comes the spring. We see new life breaking out of the ground in full bloom. The tulips, daisies, and daffodils cover the hillsides with radiant colors of the rainbow. The bare winter branches become full with lush green leaves, and beautiful butterflies are breaking out of their crusty brown cocoons.

Springtime is also a reminder for us to take time for renewal. Frequent renewal and refreshment is vital to living an effective and successful life. Just as you keep a watchful eye on the gas gauge in your car, you must be careful to recognize your personal indicators that renewal is needed. If your excitement is waning and you are losing momentum, direction, and energy, it is time to act and take care of yourself. They are personal indicators your physical, mental, or spiritual gas tank is empty.

Toastmasters is an excellent place for renewal because it offers so many opportunities for you to refill

your physical, mental, and spiritual gas tank. You can renew your body and mind by preparing and delivering a prepared speech on something you are passionate about. You can renew your spirit by attending a speech contest and be inspired by International speech or Table Topic speech contestants from other clubs. Come to our District's 70th Anniversary on May 3, 2014 and be energized as we celebrate the success of our clubs and our members together.

Take time for renewal and renew your membership in March. Remember, your club now needs a minimum of eight members to remain an active club. Your membership renewal will keep your gas tank full and your club healthy and strong. You will be a different you—a better you—because you have the energy and the vitality to pursue your passion.



## **Toastmasters International Mission**

*We empower individuals to become more effective communicators and leaders*

## **Founder's District Mission**

*We build new clubs and support all clubs in achieving excellence.*



**Home of the first Toastmasters club, YMCA, Santa Ana, CA**

## ***Happy Birthday Founder's District, Our 70 Year Pipeline to Toastmasters International***

**By Frances Jordan Stein, DTM**

Founder's District is the "funnel," that has been bringing the benefits and value of Toastmasters to all of us in Southern California, since 1944.

Founders District's 70th Birthday/Anniversary is cause to celebrate. For 4,000 of us members, we are proud to be part of Founder's District, whose birthplace in Santa Ana, California, is also the 1924 birthplace of Toastmasters International.

Founder's District is the indispensable conduit between Toastmasters International's World Wide Headquarters and its Orange County/Los Angeles members. For 70 years, Founder's elected officers have guided and energized our progress through its Division Governors, who support our Area Governors, who in turn support the clubs by helping club officers meet the needs of each individual member. Success rests in the hands of the above mentioned stalwart members, who are willing to step beyond club level, to help Founders District's top four elected officers uphold the integrity of Toastmasters Educational Program in Communication and Leadership.

There are countless fellow Toastmasters to appreciate, congratulate, and celebrate—who have given their time and talent serving us in Founder's District leadership. Perhaps one of them is you!

In addition to celebrating 70 years of volunteers who have guided and guarded the quality of our experience in Toastmasters, there are "hands-on" skill development, professional growth opportunities for any member who steps into District work. Founder's District provides its members with practical resume experience in management, with the opportunity to lead in govern-

ance positions, to create and collaborate in chairmanship positions, to work in District Television production (performance and/or technical), to organize and produce special events, to assemble project management components, to train and instruct, to oversee budgets and set funding strategies, to build teams, to mentor and coach, to judge speeches within Toastmasters and in community service organizations outside of TM, to grow as a writer/photojournalist in Public Relations, and to learn the art of "marketing and selling" by working with Human Resource Heads in corporate Club Development.

Involvement in any of the hundreds of District activities translates into generalizable and transferrable practical job experience.

Yes! There is much about Founder's District to celebrate! The moment we step out of our Toastmasters club and step into Founder's District teamwork, we have opened our world to professional and personal skill development for every part of our life. There's a lot to celebrate! Founder's District, 1944 to 2014: Seventy years of Bringing the Toastmaster Speaking and Leadership Skills Program to Southern California.

Founders District Photo and Video Documentarians, Richard and Linda Daugherty, have captured and preserved for posterity thousands of the scenes and moments in Founder's recent history. Perhaps you will find photos of yourself and Toastmaster friends by going to Founder's District Photo Gallery at [www.foundersdistrict.org](http://www.foundersdistrict.org). Here's to you, Founder's District!

## Public Relations Tips

By *Siri Payakapan, Ph.D., DTM, PRO*



Are you ready to challenge yourself with a new leadership role? How about serving as the Club Vice President Public Relations (VPPR), Division PR Chair, or District Public Relations Officer?

Such opportunity might come sooner than you expect. All it takes to succeed might very well be your passion and commitment!

When I was offered the PRO position, I had served in other leadership roles at the District level, but all I had accomplished in the world of PR was serving as Division PR Chair. I decided to take on this new challenge as an opportunity to grow. I will share with you my journey.

### The Team and Plan

I started by reaching out to one of my mentors—Daniel Cossack, DTM, the immediate past PRO. He helped me recruit my team members and guided me along the way. Dan also referred me to his mentor, Past PRO Michael Varma, who shared with me valuable PR tips.

1. Team: Our top-notch group of 19 leaders includes an Emmy Award Winning producer/director/editor Marie Hulett, ACB, ALB. It should be noted that most of PRO Committee Chairs (i.e., Photography, Judges Bureau and Speakers Bureau) operate independently. For the District quarterly newsletters, The Founder--and the District web site, we tried something new--recruiting a writer from each division. Division writers submitted articles to our Executive Editor, Michelle Bender, ACB, ALB and were finalized by Marie. Occasionally, we asked distinguished toastmasters such as Colette Gardner, DTM, PDG, Dr. Frances Stein, DTM, and Lee McMorris, DTM, for ad-

ditional articles. We also publish monthly E-Newsletters, containing messages from the top three District leaders.

2. Plan: As a team we developed a realistic plan, general guidelines, calendar events, and deadlines. Task tracking has been challenging especially when a leader has competing priorities (i.e., job, health). But we managed. It's the beauty of teamwork!

### Connection

To connect with the members, it takes time and effort.

1. E-mails: To communicate with many, that's the most practical starting point.

2. Ear-to-ear: Follow-up phone calls helps clarify and confirm the message.

3. Face-to-face: Spending time with others, at District events as well as at local restaurants or homes, is the most effective way to brainstorm and convert ideas into actions.

### It's all about Members

We remind ourselves to send out meaningful messages, focusing on members' needs.

Having assembled qualified and reliable leaders, our public relations journey has been relatively smooth with a few minor bumps. My mentors encouraged me mentally and my team produced fabulous results. I have gained insights to publicity at a large scale. I feel rewarded to know that my service has spread the benefits of Toastmasters to the members and the community.

Are you ready? Challenge yourself to invest the time and effort to reach your next goal. You can do it!

**Author's Bio:** *Siri has worked for 23 years as a Planner/Policy Analyst for the County of Orange, specializing in demographic projections. Academically, Siri received her Ph.D degree from the University of Southern California in Planning. A passionate Toastmaster since 2006, Siri is a member of Vineyard Journeys, Smedley Chapter One, and Le Gourmet clubs. Siri was awarded Founder's District Toastmaster of the Year for 2009-2010 and Area Governor of the Year for 2010-2011.*

## Marketing News: It's Eight Now!

By Colette Gardner, DTM, PDG

Toastmasters' Board of Directors did a survey of mem-



bers' satisfaction and found that clubs with less than eight members were not meeting the goals of our organization. It was voted to raise the number of club members to eight instead of six. Therefore, as of

April 1, at renewal time, clubs will have to submit dues for at least eight members to remain in good standing. Three of them are to be renewing members. The purpose is to have high quality in clubs, give members satisfaction in their work, and to help increase retention. A committee has been formed to assist clubs needing help. Contact Colette Gardner [coletteg@sbc-global.net](mailto:coletteg@sbc-global.net) or Barbara Covell [bcovell200@aol.com](mailto:bcovell200@aol.com)

### Events, Events, Events!

By Linda Ulrich, DTM, LGET



The District Conference is coming up on May 3, 2014 at La Mirada Holiday Inn. Our keynote speaker for the day will be Toastmasters International (TI) Chief Executive Officer, Daniel Rex. Daniel has worked for TI for 23 years, and during

that time he has led several departments at World Headquarters, giving him a unique perspective and an impressive depth of knowledge. In his current position as CEO, his job is to oversee 125 World Headquarters staff members as they carry out the directives of the Board of Directors and membership at large. Take part in District Conference activities which include but are not limited to:

- Our kick-off and key note presentation
- Business meeting where we will elect our officers for 2014-2015; District Governor, Lt. Governor Education & Training, Lt. Governor Marketing, and Division Governors

- Table Topics Contest
- International Speech Contest – winner goes to the International Convention in Kuala Lumpur, Malaysia
- Educational presentations
- Opportunity drawings and silent auction
- Our 70th Birthday celebration
- And much, much more!

Celebrate Founder's District's 70th Birthday—it's a PARTY! We are looking forward to this special event and will have more information soon on the District website.

The other events in March/April include the Club, Area, and Division Contests. You can find information about these events on the Founder's District calendar. If you click on the date, the information on the event will appear along with the date/time/location and map.

We have now completed Club Officer training and our total result was 66%. Thank you to everyone who contributed to the training efforts during LACE and other Division-sponsored sessions. If there are fewer than seven officers trained in each club, they do not operate as a unified team. Just because the time has passed for the clubs to receive DCP credit, we should continue to get our club officers trained.

We are now working on making sure the membership renewals get in on time (deadline is April 1). There must now be EIGHT paid members in a club for it to be in "good standing." This is critical especially during contest season because if a member has paid his/her dues, but the club doesn't have at least eight paid members, the contestant cannot compete. The rules state that a member must be in good standing in a club in good standing. Our minimum goal is eight members in a club! Contact the Lt. Governor Marketing or check out his incentives for Open Houses and Speechcraft BEFORE March 31.

And most important, we are working to help our clubs to achieve those DCP goals. My goal is to have 180 Distinguished or better clubs by June 30. We currently have 68 clubs that have 5+ goals plus 20 or more members and another 80+ clubs that have more than 20 members but are short one or two goals. If we all work together, the 180 mark is not only doable, it's within our reach!

And don't forget to check the incentives on the District website. We have an award for the first Area to become Distinguished, Select Distinguished, and President's Distinguished, and the first Division to become Distinguished, Select Distinguished, and President's Distinguished.

Officer Training, Conference, Contests, DCP Goals – it's all about the members!

# Jennifer Elam, Division Governor of the Year, 2012-2013

by Robert Kelleman, DTM

## Q. Congratulations on your award. How does it feel?

I am extremely honored and grateful to have been chosen Division Governor of the Year 2012-2013. I thank all the Immediate Past District Officers 2012-2013 for selecting me for this prestigious honor.

## Q. How did you first get started in Toastmasters?

I first got started in Toastmasters approximately six years ago when invited to visit the Toastmasters club at my job by a fellow co-worker, Yancy Almodovar, who at the time was the President of the Club, the ISD Toastmasters Club #585096. At that time, the club had only just formed 4 years earlier. I had to be asked several times to attend before I finally visited, and then asked several times before I finally joined in May of 2007. I had been hearing about the club, but was very hesitant in joining, because I was very afraid of speaking in front of any group of people. I finally joined to challenge that fear and to see if I could benefit by gaining more confidence to speak in front of groups. To my surprise, the meetings were fun to attend and the members were all very friendly. This atmosphere aided me greatly in overcoming my fear of public speaking. After completing just a few speeches and holding various meeting roles, I was amazed at the improvement in myself. After seeing my growth over a short period of time, I looked forward to what more I could achieve if I kept challenging myself within my club. However, still I had to be coaxed into taking on various leadership positions. Eventually, I began to take on various club officer roles like Secretary, VP of Education and eventually became President of my club. After saying yes to those opportunities, I was asked to look to other opportunities, by getting involved in Toastmasters events outside of my club, like participating in my local Area and Division Contests and taking on an Area Governor position. I am grateful to all those who have urged me on, helping me to challenge myself and always drawing me out of my comfort zone, which is a tendency I seem to lean toward to stay. However, through accepting various opportunities for leadership and with the support of those who have believed in me, like my fellow Toastmaster and club member, Alexander Ruiz, I have

learned what it really means to have courage and truly be brave as a result of making the decision to join Toastmasters.

## Q. How has being in leadership roles within Toastmasters helped you professionally and/or personally?

Toastmasters leadership roles have afforded me many wonderful opportunities that have greatly benefited both my professional and personal life. At work, I attribute practicing Table Topics in helping me gain a promotion at work. The impromptu speaking skills developed by practicing Table Topics at my regular Toastmasters meetings have helped me learn how to listen carefully, gather my thoughts quickly, and be understood whenever put on the spot when asked an unexpected question. I easily adapted those skills during my interview session at work, and got the job promotion! In addition, with my Toast-



masters club being a company club, often I am even asked to speak at various meetings held at work, as well. Before joining Toastmasters, I would barely stay awake at work-related meetings let alone speak up at them. I would be too afraid to say anything in front of a group of people, even when the opportunity arose. Now, from gaining speaking and presentation skills at my weekly Toastmasters club meetings, I consider being asked to speak at work-related meetings outside of my club a very real honor and pleasure for me. This has only boosted my self-confidence and self-image in the work place, which only encourages me to prepare to go for that next job promotion. Personally, Toastmasters has opened my eyes to what effective communication skills can do to improve my relationships with my family. My relationships with my family members have been enhanced through Toastmasters by (cont.)



learning how to actively listen, how to give feedback that does not tear down but add value to others, and by learning how to speak with more clarity.

**Q. What advice would you give to aspiring leaders?**

Consult with those you are leading to point out your blind spots. Maybe something in your execution of tasks to achieve goals or in your lack of communication to promote oneness on your team, for example, could be the very obstacles that may be preventing certain collective challenges from being overcome. Those on your team can point those out, if asked. Being a leader does not mean you know everything and that your way is the only way. It means being willing to allow others freedom to be honest with you and being willing to implement ideas of others in order to see a collective vision come to fruition. Something I know now and learned in my year as Division Governor.

**Q. Some people would like to be in Toastmasters leadership roles but they don't have the time. What are your time management secrets?**

One of the most rewarding experiences in my life, besides being a mother of two vivacious boys, having a full-time career, and being involved in both my children's afterschool activities, was being in a leadership role within Toastmasters. I am of the opinion that there is no such thing as "don't have the time" when it comes to taking on a leadership role of any kind, whether it is for Toastmasters or for any other organization. For me, it is all about prioritizing and taking one day at a time, because when something is made into a priority, it will get done. Therefore, it is a matter of making the decision to take on a leadership position and then turning the tasks involved into top priorities, while taking each task a day at a time. In addition, being in a leadership role makes one aware of certain aspects in public speaking that go unnoticed when not otherwise in a leadership position. For instance, while serving in a leadership role, I discovered how to be more myself because of the amount of public speaking I had to do while in a leadership role. Hence, I learned how to relax more by simply having those more frequent opportunities to speak. Furthermore, from speaking more frequently, I became increasingly aware of the importance of not just speaking to speak but to communicate a message, so that others who are giving their attention for a specific

amount of time will have a more memorable learning experience. Consequently, my communication skills became that much more concise as I kept this regard for time in mind whenever I spoke. In conclusion, this is the bottom line: when the opportunity presents itself to take on a leadership role, don't think about it. Make the decision to jump. Then leap – grabbing several hands with you – to form your team. Finally, make the varying tasks outlined within your leadership role some of your highest, daily priorities, and keep in mind to take them one day at a time. Do that and time is no longer an issue. You will be well on your way to self-discovery that could propel you into fulfilling life long dreams, taking on new experiences filled with adventure, and overall becoming the person you have always wanted to be within Toastmasters and beyond.

**Q. What are your future goals with Toastmasters?**

It is my endeavor to share with as many as I can all the various benefits I have experienced since joining and participating in Toastmasters programs and assist current and future leaders as much as I can. Toastmasters has enriched my life and has helped me grow into a more confident, self-aware person, as well as an effective communicator. Above all, it has held true to its slogan, "Where Leaders Are Made," by showing me how to become just that - a leader. My future holds more leadership roles of which I have decided to look forward to accepting.



***Robert Kelleman, DTM is Founder's District's Social Media Chair.***

Toastmasters’ founder, Ralph Smedley, noted “We learn best in moments of enjoyment.”



**Increase Your Club’s Fun Factor**

*by Michael Varma, DTM*



When you have fun club meetings your visitors and existing members will come back for more. It’s human nature – wanting to repeat that joyful feeling. And fun clubs are thriving clubs. As if by magic, you’ll see your fellow Toastmasters “tee-hee” their way to the top without a bead of sweat. You, too, can achieve more personal and professional goals faster by increasing your fun factor.

Here are two successful, fun, and easy group activities that our BergenMeisters club completed.

This event has been repeated, literally around the Toastmasters globe, multiple times. Both events are accomplished by distributing minor roles and responsibilities to have major and enjoyable results.

**Last Toastmaster Standing**

Mirrored after the television talent show Last Comic Standing, our club members came up to the lectern one at a time and to tell their best joke. Instead of presenting to club (cont.)

**Know Any Good <sup>Clean</sup> Jokes?**



**WE DO!**

Listen, participate, or place your vote in . . .

**LAST TOASTMASTER STANDING!**

members we turned the event into an open house. We invited past visitors, co-workers, and local business professionals and asked them to do one of three things: listen, participate, or vote.

Everyone had an active role, laughed for an hour then walked out with several repeatable clean jokes. Our club netted 36 guests and within two weeks had 12 new members sign up. That's a huge return on investment for a lunchtime meeting and best of all we had a blast!

Visitors watched a Toastmasters meeting in disguise with speakers, evaluators, and an emcee (aka Toastmaster of the Day) along with all the logistical roles of grammarian, timer and vote counter.

1. Appearance
2. Aroma
3. Taste
4. Aftertaste



Common sensory descriptors			
		Red Grape Variety	White Grape Variety
Basic Taste		sweet and sour soft, strawberry rich, spicy fruity and juicy firm, blackcurrant	dry, neutral tangy, zesty sweet, rich perfumy, aromatic toasty, butterscotch
	Advanced Palate	blackberry cherry chocolate cinnamon clove dark earthy eucalyptus fruity grass herbs leathery licorice mint pepper	plums pomegranate prunes raspberry red roses smoky spices strawberry thyme tobacco tortallo truffles vanilla violets

Copyright © 2007 www.MichaelVerna.com

Additional club members can describe the basic (beginner) tastes and advanced palate (expert) tastes for red and white grape varieties. Our coordinator appointed participants to explain the "Map of Taste Receptors." Total count – so far – is a baker's dozen of speaking roles including your master of ceremonies.

## Expert Wine Tasting in 4 Easy Steps



1. Appearance



2. Aroma



3. Taste



4. Aftertaste

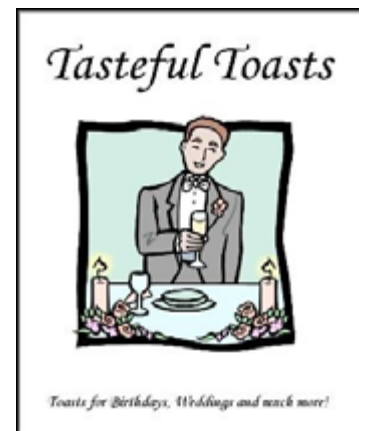
### Expert Wine Tasting in Four Easy Steps

Jumpstart your wine tasting experience by handing out assignments to club members for an overall group gathering. Each person can present a mini two-minute speech to inform on the basics of wine tasting: appearance, aroma, taste, and aftertaste.

Present your findings at your club or take a field trip to the restaurant of your choice – our club went to the [Magic Castle](#) in Hollywood, California, and paired the taste and aftertaste sections expert sensory descriptors (see chart).

And to round out the evening's festivities, we had one person from each of the ten tables stand up and deliver a **Tasteful Toast**. While this was a little self-

serving to promote my book with same title, it was and still is a reasonable practice.



Each of these examples can engage as few as four to more than twenty-four members or potential members. And when everyone has a major or minor role they become fully engaged and enjoy the overall event, which automatically increases the fun factor.

## And The Winner Is...

*Fill Your Name In Here!*

*By Chris Christman, DTM*



You too can be a winner in a Toastmasters Contest even if you don't win a trophy. Don't get me wrong! I love trophies and winning, but anyone who competes in a Toastmasters speaking contest learns and improves so much

that they are winners. I know that sounds like an Oscar winner consoling the losers. After all competing takes a lot of work and effort, and can frazzle your nerves. Therefore, not winning can be very disappointing. But what contestants gain from the experience boosts their level of performance more significantly than any other Toastmasters speaking experience... whereas a trophy only collects dust on a shelf.

So why aren't you competing in your club's Spring Contests? Lame excuses and sheer apathy abound. This article hopes to encourage a few recalcitrant competitors to take this giant step to compete in your club contest. You might even find yourself at the Founders' District Conference on May 3, 2014, or even at the International Speech Contest in Kuala Lumpur in August.

By using the letters in CONTEST, I have arrived at seven arbitrary reasons why you should compete.

**C** is for Comfort Zone which is the place you should leave once in a while if you want to experience new adventures, new thrills and fast growth in character and skills.

**O** is for Opportunity. Metaphorically, Opportunity Knocks but most people are afraid to open the door. Right now the sound of knocking is the sound of someone in your club "begging" for contestants for the International Speech and Table Topics Contests but most members are waiting for someone else to seize that opportunity to grow.

**N** is for No. "No pain, No gain!" The effort you put into competing in a contest will make everything else in Toastmasters seem infinitely easier.

**T** is for Time Well-Spent perfecting the skills you came to Toastmasters to develop. Competing also will become a memorable time of your life."

**E** is for Exhilaration, that feeling you'll have when you are all hyped up and ready to perform. It's like the song belted out by Ethel Merman, "There's no business like show business ... Where else can you get that special feeling than when you're stealing that extra bow?" Or just hearing that rousing round of applause!

**S** is for Self-Satisfaction, the glow of content you get when you've done something you thought you couldn't do, and did it anyway.

**T** is for Trophy, the one you might win or the one you didn't win, but it's the least important aspect of competing ... just a physical memento of a rewarding experience.

If those seven reasons don't convince you, I have 15 more reasons using the letters of PARLIAMENTARIAN...P is for ... Oh, forget it. By this time you should be busily writing your contest speech.

## What You Need to Know to Compete in the Spring Contest

The two contests this Spring are *Table Topics and International Speech*. Both contests require contestants to be members in good standing, in clubs of good standing. In addition, the International Speech Contest requires competitors to have completed six manual speeches prior to competing at the club contest level. Table Topics are impromptu speeches of one to two minutes. Contestants will be disqualified if they speak less than one minute or more than two minutes thirty seconds. Each contestant will speak on the same topic. The International Speech must be five to seven minutes ON A SUBJECT SELECTED BY THE CONTESTANT. The rulebook does not define the topic in any other way despite what people often say. Time disqualifications occur if a speech is less than four minutes and thirty seconds, or more than seven minutes and thirty seconds. Members can compete in both contests. Winners of International Speech contests progress through the levels of the Toastmasters' organization contests, with finals held at the International Convention in August. The Table Topics Contest ends at the Founder's District Conference in May.

## Reasons for Becoming an Area Governor



*By  
Glenn  
Yasukochi,  
DTM*

- As an Area Governor, you serve a vital role in Toastmasters. Of all District leaders, you are the closest to clubs and members and serve as a direct link to the

Division and the District.

- Earn your Advanced Leader Silver (ALS) Designation. It is a requirement to serve as a District Officer to complete the ALS designation.
- Visit New Clubs. All clubs may follow a similar format, but are unique in many ways. You will learn many new things from your club visits. It is a great way to keep your own club fresh with new ideas.
- Develop organizational and time management skills. Two times a year you must host an area speech contest. You will learn very quickly how to organize things that must be done

leading up to the contest date and also setting up the contest agenda to make sure it does not go overtime. With the help of a Contest Chair, you will learn these skills without being overburdened with work.

- Improve your leadership skills. Leadership, according to our founder, Dr. Ralph Smedley, is the capacity to look ahead, think ahead, plan ahead and then influence others to go ahead with the plan. As an Area Governor, you will learn to follow these principles as mentors to clubs and in organizing speech contests.
- Learn about the many aspects of the Toastmaster organization. You will learn more about the Toastmasters organization than you would as a club officer or club member.
- Expand Your Network in the Toastmaster organization. You will make friends throughout the Toastmasters organization. They will share ideas and be there for you when you call upon them for advice/assistance. You will also share the leadership opportunity with the club members/officers.
- Gain a Sense of Accomplishment. You will feel better as a person and have greater self-esteem knowing that you have helped many people become better communicators and leaders.

**Glenn Yasukochi, DTM**, is the current Division H Governor and also the VP of Membership for True North Toastmasters (#7849). He joined Toastmasters at the end of 2001.

## Finding Your Voice

*By Lance Miller, 2005 World Champion of Public Speaking*



I attended my first Toastmasters meeting as a guest of a good friend of mine. I was called upon to participate in Table Topics and I remember standing in front of the club and feeling my knee caps nervously bouncing up and down. All I wanted to do was look down and see if my pants were jiggling!

I didn't know what my voice was that day, but it was clear that there were things going on with me that were not me. They were strange manifestations that only came to life when I stood before a group to speak and then slipped back into hibernation once I was off the stage.

The path from that first Table Topics experience to winning the World Championship of Public Speaking was one of self discovery, or as is stated in the Toastmasters Mission Statement, Self Actualization. Over the next 13 years I completed 16 CTMs and

2 ATMGs. I competed in the International Speech Contest for 9 years before winning in my Club and another 4 years at the District & Regional levels before making it onto the International Stage.

My challenges were not so much how to say something. I found my speech organization, vocal variety and gestures were in fine shape. My challenge was what to say? What was my message? What was my voice?

I remember hearing some great speakers who had overcome great personal tragedies. Like a homeless heroin addict who had put his life back together or a young man who was shot and paralyzed at the age 15 but went on to win 3 Olympic Gold Medals in Wheelchair Basketball. I remember thinking, "I wish had been a heroin addict or paralyzed, what a great speech I could give!" Then realizing how horrible that would actually be. That was their message, it was not my message. I was looking for my voice, my message.

There were several elements I used over the years to sort out what messages I would use for my manual speeches and ultimately what message I wanted to give to the world through contests and beyond.

To answer the question of, "What was my voice?" I had to look at who I was, what defined my life, what was it that I was struggling with, what challenges had I overcome that I could share with an audience? I had to be willing to be honest with myself and with the audience. I had to be willing to open and vulnerable with the audience.

Here is a list of questions and topics that I sought answers to that helped me define myself and my message. While the list applies to everyone, our individual answers will not be the same. (Continued )

1. What is your philosophy?
2. What are the defining moments of your life?
3. What are you certain about?
4. That One Thing: Come up with what you think "That one thing is" and do a speech on it.
5. Fork in the Road: What values or criteria do you use to evaluate your decisions and future actions?
6. Find the extraordinary in the ordinary.

7. Speak about what your attention is mostly on.

Remember that Toastmasters is a means; it is not an end. It is the place you go to test new things, to see what works and what does not work, to push yourself outside of your comfort zone. It is a safe place where there is no penalty for failure. Don't play it safe. Challenge yourself, try new ideas, and discover your voice!

## ACTS Club - Qualified Speaker Program

*by Roger Carlson, ACB – ACTS Club President*



Besides Advanced Communication Leadership Training, ACTS Club also includes a "Speaker's Bureau" and offers a special program to become a "Qualified Speaker." Why is this important? It's not an official Toastmasters International designation and there is no pay involved. Yet, it is great!

A Speaker's Bureau provides speaking venues outside the warm, supportive home of Toastmasters' meetings. People in the animal clubs (Eagles, Elks, Moose, etc.) may drift into a comfortable nap if a speech is too slow. Attendees at business meetings could start shuffling papers, getting otherwise restless, or worse yet, walking out! It's the real world after all.

Speakers going out into that real world need to be good enough to hold the attention of those audiences. That is why ACTS has the qualified speaker program. This program gives advanced speakers the opportunity to take their message out to the world. Do you have something to say? Do you want to say it to someone other than the same people who have been listening to you for years?

To attain the Qualified Speaker (QS) designation, the speaker must present a 15 to 20-minute qualification speech, stay within the time limits, and earn a score of 80% or more from the ACTS membership.

Who are the qualified speakers?

- **Carl Walsh**, ACB, who already speaks professionally around the country
- **Doug Bowers**, ACG, ALB, who runs business seminars
- **Gina P. D'Onofrio**, CC, speaks to groups about gemstones
- **Dankai Liu**, ACS, who makes spacecraft and climate change understandable
- **Ligia Molina**, DTM, previous Division B Governor
- **Jeanette Depatie**, a new author who was interviewed by Katie Couric regarding her book, *The Fat Chick Works Out!* (Fitness that's Fun and Feasible for Folks of all Ages, Shapes, Sizes and Abilities)

The ACTS Club Speaker's Bureau is the place to develop that caliber of speaking, but it is not required. Just supporting that effort is fun and exciting . . . and some of those speaking skills rub off.

If you want to learn more about the Qualified Speaker Program and take your speaking skills to a new level, please visit the ACTS Club. We meet once a month on the 3rd Tuesday at 6:15 p.m. at Kaiser Permanente (corner of Los Robles/Walnut in Pasadena). Free parking is available in the lot (entrance is just north of Walnut on Los Robles). Our website is <http://acts.toastmastersclubs.org> We look forward to seeing you at an upcoming meeting!

## Why Use Social Media to Promote Your Club?

By Krystal Rose, CC, CL

As VP of Public Relations for Parsons Toastmasters,



it is my responsibility to let the public know our club exists and entice them to check us out. I strive to use every resource available to attract new guests, share educational resources and keep members up to date with events. I successfully accomplish my goals through

the utilization of several social media channels. Social media channels, such as blogging, Facebook, Twitter and YouTube, present great marketing opportunities for your club. Through the appropriate channels you can effectively promote your club to your target audience, build and maintain relationships with club members and, more importantly, let prospects who seek to improve their speaking and presentation skills know you exist. Having an online presence is no longer debatable. If you want to be found, you need to put yourself out there.

Utilizing Social Media tools effectively offers the following advantages:

- Local Reach - social media can reach people in specific locations (in and around your city)
- Ability to Target Particular Groups - many forms of social media (e.g. Facebook, Foursquare, Meetup) allow businesses to target specific groups
- Free or Low-Cost - many forms of social media are free or inexpensive to subscribe
- Relationship Building - social media allows you to communicate on a personal level and even on a daily basis with individual customers and groups
- Fast Distribution – you can quickly distribute information to many people at one time at any time

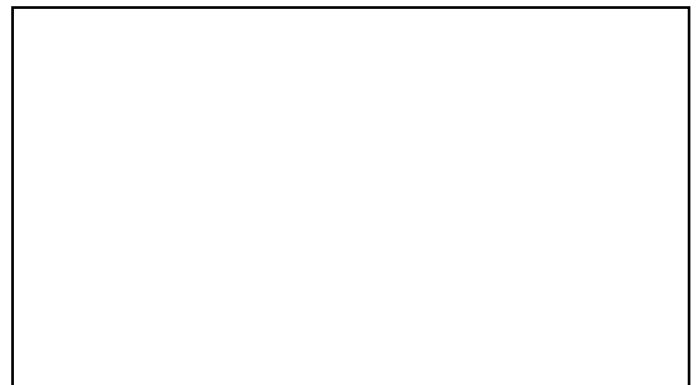
March Tip: “If you are not online, now is the time.” Get started and get a website going. The easiest action you can take to tell the virtual world that “YOU ARE HERE” is creating a simple website with general information. You can get free website templates and hosting at FreeToastHost, Wordpress and Blogger. Your VP of Public Relations or a member can volunteer to populate the website with QUALITY content. Let the world know who you (the club) are, what you offer, and how they can be a part of it. Make sure to have a Call to Action i.e. an email address, meeting location and point of contact.

Look for the next issue: How content management on your club website can be used to improve your chances of people finding your club.

Krystal Rose, CC, CL is an award winning VP of Public Relations and Social Media Manager for Parsons Toastmasters. She provides social media training to non-profits and small businesses. Stay tuned for her next Social Media Tip.

## A Trip Down Memory Lane

Tom Henderson joined HarborLites Toastmasters in June 1961. He and his wife are moving to Oregon to be close to their daughter. **Past, Present, and Future** was Tom’s last speech to his club. He shares with all of us much of the history and many highlights Toastmasters has given to him and others for the past 52 years.



If the above video will not play, visit:

<http://youtu.be/nnisEAvXsqg>



## Speak beyond your Toastmasters club and get paid!

*An Interview with Victor Broski  
by Lionnel Yamentou, ACB, ALB*

### 1. **What is a Speakers Bureau and how is the Orange County Speakers Bureau (OCSB) different from other bureaus?**



A typical speakers bureau takes an experienced speaker and gets them work, gets them business.

There is almost no room for

beginning speakers at any speakers' bureau. The typical speakers' bureau gets you speaking gigs. The OCSB is different. We want to make you ready for the professional speaking world. We are not going to supply you with speaking gigs. If you are friendly enough we give you the speaking tools and everything else, then you go out and get your own speaking gigs. We don't want to make it too easy for you, for a speaker to just show up, get speaking gigs and go talk. We want to make you very ready. That's how we are different from the typical speakers' bureau.

**2. Who was in the core leadership team that established the bureau? How long ago? Are those founding fathers still involved in the operations of the OCSB?** Noel Creighton sort of took it over and revived it from who was there before, another guy by the name of Keith Anderson. Keith passed away about a year ago. Jack Nichols, Keith Anderson and I got involved and were the leadership team with Noel being the head guy. He was the head guy for many years. Jack and I are still involved and I am not exactly sure but I believe we started in 1995, but Jack would know better.

**3. Why does the bureau exist? What are 3 key benefits for those who get involved in the activities and events of the bureau? What does the bureau do for its members?** We exist to help our members speak beyond their Toastmasters clubs, whether to outside groups, Toastmasters events, and hopefully, eventually paid speaking. Some key benefits from being involved with the OCSB:

- a) Improving speaking skills. This is high on the list. We help you with the whole range of speaking skills; techniques, props, what the audience is thinking while you are speaking and everything else.
- b) Inspiration to pursue your speaking dream through our networking after meetings and brainstorming. We

also share information about what other people in the speakers bureau are doing. You get caught up in it with the energy, ideas, motivation and you see that your dreams can actually happen. c) Speaking ideas or speaking business ideas. You get great ideas from the brainstorming sessions after the meetings. I am just amazed that about an hour after the meeting, the place is still buzzing with people sharing ideas. It definitely makes us proud to watch all these people learn new things about the speaking business.

### 4. **For Toastmasters in the Founder's District, what are the opportunities and ways they can get involved and contribute to the growth of the OCSB?**

Show up! Anybody can come to meetings, you don't have to be a PhD, you don't have to be a DTM, you don't have to be anything. I'll bet if you show up it means you are pretty good anyway. Beginners who show up learn a lot, but most of them don't get involved. People figure out by themselves whether they are a fit or not. Anybody can show up and contribute and get involved. That will help us grow.

**5. As one of its current leader, what is your current vision for the OCSB and what action steps are taking for that vision to realize?** We have to keep up with speaking opportunities, both the business of speaking and the technology involved. I want a wide scope of learning. For example, audiences are changing these days. They are on their cellphones or on their laptops and you think they are not listening. Meanwhile they are doing something else waiting for you to say something worth listening to, or they are checking up what you are saying. Right now we are into online meetings, webinars. That's a current technology.

**6. In a one minute elevator pitch, how would you sell the OCSB to someone who has never heard about it but is involved or interested in professional speaking?** If you want to take your speaking to the paid speaker level, we can cut your learning curve in half. We can probably cut it in less than half, but I don't think you would believe me. We are real world. If you need to be cuddled, we probably aren't for you. Get with us once in a month for hands on, experiential, honest and a cut-to-the-chase group. Moreover, it is free.

If you would like more information on the Professional Speakers Toastmasters Club, you may e-mail Jack Nichols at [jacknichols@dslextreme.com](mailto:jacknichols@dslextreme.com).

## A Club Chartering Success Story

*By Dr. Diana Dee, DTM*

On February 3, Club 3676736, First American Toastmasters, chartered with 39 members. How did they do it? This is the story.

Scott Vu, an employee at First American, saw the value of Toastmasters after he joined the Ingram Microphones Toastmaster club. He realized that the proven framework for self-improvement provided by Toastmasters would be of benefit to his fellow employees.



Scott did research on the Toastmaster International (T.I.) web site on how to form a new club. He was in the process of gathering the information he needed when one day, on his way to his Ingram Microphones meeting, he saw the First American Vice President of application development giving a talk in one of the meeting rooms. As Scott was returning from his Toastmaster meeting, he ran into the Vice President, and asked, "How did your meeting go?" "Well," the VP said. Scott mentioned that he was returning from a Toastmaster meeting, and they got to talking. The conversation turned to starting a Toastmaster club at First American, and that ignited a spark. The VP told Scott, "You have my blessing."

Scott filled out an online interest form on the T.I. web site. In response, he received a call from Pan Kao, Founders District Lieutenant Governor Marketing. Pan told Scott that personnel would be provided for a Launch meeting for the club, as soon as Scott set the date.

Meanwhile, Norm Stein and Pan Kao stopped by First American and helped Scott fill out "Form 1", the application required to receive "the box" of materials from Toastmasters International for chartering a club. Norm took Form 1 and the required \$135 to T.I. Headquarters and received "the box." The box, containing a gavel, 20 new member kits, and other material, was then given to Scott.

Here is where Scott started to work his magic. He created a 1-page flier from material available on the T.I. web site, and sent it to everyone in the IT department. This generated some interest, and people

outside of IT started to notice. Scott's co-worker, Donna Andert, set up a Web site on the First American intranet for employees. People seemed to perceive the value of Toastmasters. The word spread.

Scott was informed that anyone desiring to be a charter member would need to fill out "Form 2," the charter member ap-

plication. Scott also knew that to charter, all membership applications would need the signature of a club officer, and the club officers would need to be listed on "Form 4." Prior to the Launch meeting, Scott enticed people to sign up ahead of time by offering guaranteed charter membership and the opportunity to vote for club officers. He then held a pre-Launch meeting at which a quorum (11) of the 16 pre-Launch members elected all seven club officers.

The Launch meeting was held on January 28, with about 75 people in attendance. Twenty-nine people were signed up as of the end of that meeting. The decision was made to have the club charter date be February 3, to allow more people to become charter members. On January 30, Norm returned and picked up 10 more completed applications, making the charter membership count 39. Congratulations to all!

## First American Toastmasters

by Scott Vu, President



I was born in 1974 in Vietnam. I am forty this year. Age forty is a significant milestone for many reasons. It is the midpoint of our lives for many of us as we hope to live a minimum of forty more years. At this midpoint junction, many, if not most people often would perform some sort of introspective self-assessment. This phenomenon is so common

that it has a name, “Midlife Crisis.” Although I am not currently shopping for a red Porsche, I find myself pondering this question a lot of late: “Why am I NOT where I should be?”

The year after I was born, the Vietnam War ended. My father, a pilot during the war, landed his helicopter on my grandma’s roof to evacuate our family from the new oppressive communist regime; but because my mother was pregnant with my younger brother at the time, and therefore could not travel, we had to remain in Vietnam to suffer the fate that commonly awaits war losers. My father was soon arrested and sent to “re-education camp” in which he was re-educated with lots of hard labor, hunger, and basic human rights abuses for ten years. Upon his release, we immediately escaped Vietnam by boat. It was during this journey that, as a ten-year-old boy, I began my attempts at socialization and bonding with a man I had never met named, “Dad.”

After seven days at sea, we arrived at a small South Pacific island, completed the refugee immigration process, and were subsequently flown to California. With very little assets, we settled in small immigrant working community in Huntington Beach. Like most immigrants, both my parents had to work to support the family. Without parental guidance or any structured after-school programs, I was left to my own devices and eventually managed to get myself into a lot of trouble.

Sensing that my life was negatively influenced by my immediate environment; my parents made the necessary sacrifices to send my brother and me off to a tiny, private, Catholic, all-boys, boarding high school in El Toro. A small school allows the opportunity for participation in extracurricular activities for the majority of the student body. Those opportunities are generally not available to students at larger schools. It was in this small environment—my graduating class consisted of only 7 seniors, including

me—that I had the opportunity to play team sports, hold student leadership positions, edit the school newspaper, and achieve class valedictorian honors. The mantra holds true; that “in the land of the blind, the one-eyed man is king.”

I earned two bachelor’s degrees, one in Economics, and the other in Criminology, Law, and Society. While still a student, I took a two-quarter leave of absence to enlist in the United States Marine Corps. I was discharged six months later and returned to school to complete my education. At this time, I also became interested in Technology, and joined a small software firm. My professional interests were then refocused to E-Commerce and I obtained an MBA, but was one class short of my desired concentration: E-Commerce and High Technology Consulting.

While performing my introspection, I have begun to notice an emerging pattern in my professional interests, starting with my high school years. They wane from one subject to another.

In the books, “Outliers,” by Malcolm Gladwell, and “Mastery,” by Robert Greene, the authors both argued that to be an expert, one needs to dedicate his entire attention, effort, energy to that particular field for a sustained period of time. Subject matter expertise cannot be achieved overnight. I have not been linearly focused on a particular professional interest, building a wide instead of a deep foundation. Upon this realization, I have since divested most of our retail business, removed myself from the remainder, and have decided to return to the corporate environment to gain mastery at my craft.

I recently joined a great company, First American, named one of the “Best Companies to Work For” in 2013 by the Orange County Business Journal and the Orange County Register; I now understand that I am exactly where I should be and exactly where I would be. I have found the answer to my question, and it is, “wherever you are, there you are.”

It is with this professionally focused mentality that I decided to join a local Toastmasters Club to improve my verbal communication and leadership skills. After a month of Toastmasters, I realized that there was significant value, and that other employees at First American would also benefit tremendously from such a program; I completed the necessary requirements to charter the First American Toastmasters Club on the First American campus in Santa Ana. We recently held the launch meeting and immediately chartered the Club with 39 Charter Members.

First American was founded in 1889 and Toastmasters in 1924, which makes them 115 and 90 years old, respectively. As Club President, I am honored and thrilled to have the opportunity to be a part of such rich legacies and will do everything in my power not to squander this golden opportunity.

## The Wonderful (...and Terrible) Table Topics

By Lee MacMorris, DTM



Okay, I'm lazy. I don't like the job of structuring a speech—ruthlessly whacking out excess words, foggy ideas, and incomplete concepts. That's the writing. Now "translate" that into the rhythm and vocabulary of a speech. It's work! And I do enough of it in my job.

That's why I love Table Topics.

No planning ahead or rehearsing. Just standing up when the TT Master points at me and speaking—funny, brilliant, and insightful. We all hope to be that. It's hard enough to speak coherently on a topic with which one is familiar. But to spin a tale on a topic about which you haven't the foggiest. Aye, that's the rub.

I first learned about table topics 60 years ago when I was a member of the debate team at Hutchinson Junior College in Kansas. Our family's insurance salesman was a Toastmaster. He talked about Toastmasters and of table topics. One example he

gave has stayed with me. "Provide some alternative uses for bricks, other than in buildings. Use your imagination."

But it wasn't until 1994 that I joined Toastmasters and began to find all the ways I could have riffed on bricks. By then, I'd retired from the Air Force Recreation and had years of briefings under my belt. But in these briefings you can take two to three minutes to get into the topic. You don't have that luxury in a two-minute speech. That was the greatest test for me.

I had to draw on an emotional experience, or a sense of the absurd, and then sketch a word picture. "What is the most comforting thing to you?" My response was, "The purring of a contented cat on my lap." At the Division Level I was asked, "What did you do to win the Olympic medal?" And I chatted about my training and struggle to become a champion on the pogo stick. This "inspirational" talk gave me the "gold" in the contest.

Of course, much depends on the topic tossed to you. I do not do well with the deeper Miss America Pageant topics such as "How would you solve world hunger?" or "How do you measure success?" My urge is to be flip-pant which probably would not be appropriate. (Google "Miss America Pageant questions." Some of them would make good table topics.) With some questions, you can fly but others can leave you royally stuck for a response. So do the best you can to be coherent. The more you stand up to answer the local TT Master's call, the more you realize you can survive. Not only survive, but have fun! The biggest lesson you'll learn is that you are not the center of a critical universe. And that's okay.

And yes, wait for the next contest to bring a better question.

**Lee MacMorris** was born a New Yorker and is now a dedicated Californian. "I'm a lucky individual. Twenty years in Toastmasters, 57 years in the working world, and still working. I am very fortunate to have lived and traveled overseas in England, Japan, and Korea, most of it as a civilian with US Air Force recreation. I went back to college when I retired from DOD and became a librarian and have worked 25 years in that field. I am now a Senior Information Specialist with Abbott Medical Optics— a job which constantly amazes me each day that I go to work. Ten years ago, for my recreation, I spent four weeks on Norwegian Cruise Line ships as an "edu-tainer," conducting classes on handwriting analysis. I have since cruised for just the recreation of sailing. I love Kindle books, the iPad, the friends I've made in Toastmasters, and three marvelous cats.

## Alex Ruiz, ACB, CL Toastmaster of the Year – Founder’s District 2012-2013

*by Robert Kelleman*



Q. Congratulations on your award. How does it feel?

It was a great compliment to receive Founder’s District Award, “Toastmaster of the Year.”

Q. How did you first get started in Toastmasters?

I attended my first Toastmasters meeting in 1978. I didn’t join at that time, but later, in October 2003, I became a Charter Member of the ISD Toastmasters Club #585096, an award-winning club with nine consecutive President’s Distinguished Awards, and the home club of three past Division Governors. My club’s camaraderie was the encouragement I needed to seek out the club officer positions and to become a participant in the Area contests. As I increased my confidence with my leadership skills, I saw the many opportunities within the District for leadership growth like becoming an Area Governor and then being elected as a Division Governor. I took on the responsibilities of being a Division Contest Chair and a Division Chief Judge. Within Founder’s District I was a PRO’s media liaison representative and currently the Co-Chair for Sponsors/Mentors/Coaches. My greatest challenge and accomplishment was to become

a Club Coach and with the help of new and old members, we took the necessary steps to turning the club into a Distinguished Club.

Q. How has being in leadership roles within Toastmasters helped you professionally and/or personally?

The leadership roles have provided me with a sense of accomplishment and a “can-do” attitude. The transformation has benefited me personally with members of my family and has expanded my inner social circle. At work, I have no problem with being in the spotlight and providing the leadership needed to complete those unique and complex endeavors.

Q. What advice would you give to aspiring leaders?

Seize all opportunities to become a leader, for it is an opportunity to turn your dreams into reality. I have learned that leadership skills are essential, and the best place to learn those skills is within your club, and taking on the leadership positions within the district.

Q. Some people would like to be in Toastmasters leadership roles but they don’t have the time. What are your time management secrets?

I learned that within Toastmasters, there is a vast amount of talented people and I learned that I can utilize my time effectively by working with my fellow Toastmasters. By keeping your eye on the prize, everyone finds the time to grow and fulfill their potential.

Q. What are your future goals with Toastmasters?

The opportunities to learn essential skills within Toastmasters are unlimited. Therefore, my goal is to spread the word that Toastmasters International is the place to learn effective communication skills, especially, the skills that brings out your potential as a leader, professionally and personally.

Mark your calendars NOW for the Spring Conference & Anniversary Celebrations! May 3, 2014



# TOASTMASTERS IS TURNING 90! FOUNDER'S DISTRICT IS TURNING 70!!



Come Celebrate!



1924—Birth of Toastmasters  
1944—Birth of Founders District  
2014—Still Making HISTORY!



Holiday Inn, 14299 Firestone Blvd. | La Mirada | CA | 90638

Register online at  
[www.foundersdistrict.org](http://www.foundersdistrict.org)



Founder's District  
PO Box 4317  
Irvine, CA 38616

Nonprofit  
US Postage Paid  
Permit 423  
Santa Ana, CA

*This is your special invitation to attend the  
Founder's District Spring Conference  
& Double Anniversary Celebration!  
Saturday, May 3, 2014.  
Enjoy Table Topics  
& International Speech Competitions,  
Great Food, Opportunity Drawings,  
Educational Offerings,  
Awards & Recognition, Good Company, and  
SO MUCH MORE!  
It Won't Be A Party  
Without YOU!*

For more information and preregistration, visit  
[www.foundersdistrict.org](http://www.foundersdistrict.org)  
"Day-of" onsite registration begins at 9:00 AM, event  
ends promptly at 9:00 PM