

TOASTMASTERS
INTERNATIONAL

The Founder

www.foundersdistrict.org

WHERE LEADERS ARE MADE

DECEMBER 2014

Founder's District **Fall Conference**

*Awards &
Recognition*

District Messages

Open House

Month

*Building
Relationships
In Toastmaster's*

PASSING OF
THE BANNER

*Lessons from
the Road*

...and MORE!

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





2014 District Humorous Speech Contestants (Marie is on the far right)

Marie Hulett, Editor in Chief of *The Founder*

Welcome to our Holiday Edition of *The Founder*! We have a fabulous issue awaiting you on the following pages. There truly is something for everyone. For those of you who enjoy the news from our District Leadership, they have some great information and insight that you won't want to miss. And for our readers who want to know more about the adventures of the Founder's District Toastmasters who travelled to the International Convention in Kuala Lumpur, you are definitely in for a treat! We'll even be showcasing the highlights of our recent District Conference—which was a huge success.

This year, I had the wonderful opportunity to compete at the District Conference in the Humorous Speech Contest, telling the tale of my life with a Gremlin...not the little monster, but my first car! I have to say, competing at this level was such a gift. I felt humbled and honored to share the same stage with so many enormously talented speakers.

If you are still working up the courage to compete in contests, I really encourage you to give it a try. Giving speeches under competition circumstances truly creates a situation where you must step up your game; the resulting experience translates to giving better speeches in general.

At the conclusion of the Fall Conference, my 16-year-old daughter asked me if I was disappointed after not "placing" in the final speech competition. I explained to her that the opportunity to present a speech in front of a large audience and to challenge myself to do my best under these somewhat nerve-racking conditions were rewards enough for me! Everyone who competed performed so beautifully, it is a wonder that the judges were able to pick a winner at all.

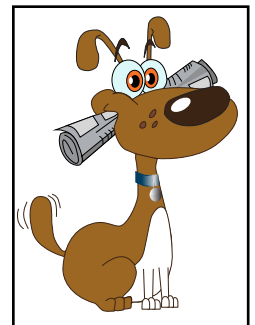
Just being in this group was a "trophy" memory that I will always cherish. But more than that, now I can give a speech at my club, or my office, and not feel the slightest "twinge" of nervousness! That all comes from going through the steps and processes of competing in contest season. The value there is priceless!

Aside from the benefits of being able to give a speech at each step of the competition, (Club, Area, Division, District), I was also extremely blessed to have the support of my family and my Toastmaster friends, cheering me on and giving me guidance. What an emotional boost it was to see their familiar, smiling faces in the crowd at the precise moments when I was feeling on edge. I remember one instance when I heard my voice start to quaver. I quickly locked eyes with my husband who gave me a thumbs up, which instantly reset all my nerves back to a manageable level.

A new contest season will begin in the Spring. Start thinking about participating and develop your speech now. The more you practice, the more confident you will be. (And the more confident you are, the less nerves will interfere!)

For those of you who have been following the adventures of "Founder," our continuously straying magazine-pup and mascot, you probably want to know who located him first (for the Fall issue) and won the coveted Conference Tickets. The big winners were David Moore and Lisa Rothbart who successfully spotted him on page 14 between the hands of the little girl in the purple shirt in the middle of the picture, and on page 27 in Lourdes' hand in front of the Select Distinguished banner. Thanks to everyone who helped bring "Founder" back home...but guess what? He has managed to sneak away again and is hiding in two locations in this issue! The first two readers who correctly determine where he is will each win a free ticket to LACE (Leadership & Communication Experience) coming up in January 2015. Email me at mhulett@coastline.edu to let me know both his hiding spots! (Not the picture to the right! That's just to let you know what he looks like.) He's getting pretty sneaky so you may need to look very carefully to find him.

Happy Searching!





WHERE LEADERS ARE MADE

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Founder's District Officers Linda Ulrich, Pan Kao, and Chris Collins pose with humorous speech contest winners, Robert Szebert (3rd place), Sonya Joseph (1st place), and Ryan Foland (2nd place).



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.

www.foundersdistrict.org



Photo Courtesy of Richard Daugherty

Linda Ulrich, DTM ***District Governor***

The holiday season is upon us – a time to share and celebrate with our family and friends. But it is also a time to reflect on what we've accomplished in 2014, to take a look ahead to what we want to do in 2015. And, to make some plans for the New Year to help us achieve those sometime elusive goals we've set for ourselves.

For Toastmasters, the time signifies that we're half-way through our year. It's also a time for us to reflect on what we've accomplished in 2014 and to look ahead to what we still want to accomplish in 2015. And, yes, to make some plans to help us achieve the goals we've set for ourselves, as individuals, as clubs, Areas, Divisions, and the District.

I keep reminding you that our Founder's District theme this year is "**Evaluate Your Potential**" which is probably more significant for the next six months than the previous six months. We seem to relax more the first half of the year, but kick into full gear the last half. This is when we push our clubs to focus on member achievement of the communication and leadership awards. We challenge our

members and our Area Governors to find opportunities for a new club or ways to bring in new members. And, more importantly, we start looking at next year's leaders – talking with our members to encourage them to think about stepping into leadership at the club, Area, Division, and District levels. If you don't think you're ready to step into leadership, but another Toastmaster thinks you are, listen to them. They see what we can't see in ourselves. Accept and embrace the opportunity to take on a leadership role. Toastmasters is an organization made up of volunteers – so, if no one asks you, volunteer. The rewards truly outweigh any apprehensions you might have.

We have two upcoming leadership events in January. The first, LACE (Leadership and Communication Excellence) is being offered on January 10 and January 24; the focus is on providing leadership training to club officers – or those who want to be. On January 17, we will have a Leadership Dinner to talk about the ins and outs of serving as a leader at all levels in the organization, from the club to the District. Current leaders will share what they've learned throughout their year(s) serving as a leader – the benefits, the challenges, and the rewards.

Have you started looking at your goals for 2015? How will you "**Elevate Your Potential?**" Toastmasters has made a difference in your life, now it's time you make a difference in Toastmasters.

Have a blessed holiday season!

Linda Ulrich, DTM

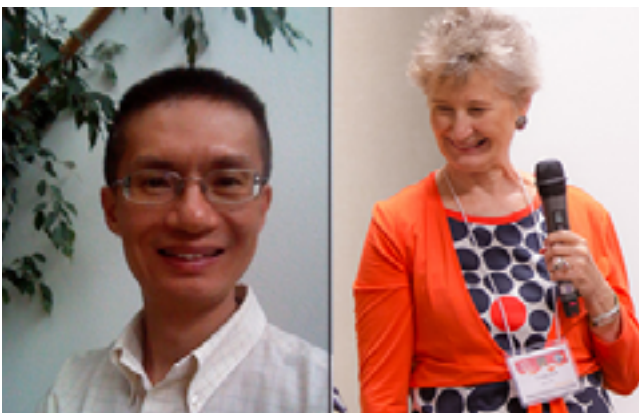
Founder's District Governor



Photo Courtesy of Richard Daugherty

Pan Kao, DTM
Lieutenant Governor,
Education & Training

Looking at the Fall Conference in the rearview mirror is a lot easier than planning and living through it. Luckily, I had a great team of volunteers, especially the conference co-chairs, Ursula Bell and Brian Hsu. Please give credit and say thanks to these hard-working volunteers when you have a chance.



Founder's District is strong because of extra ordinary contributions from so many dedicated members. The keynote speaker, Patricia Fripp, was able to get 200+ members and a group of TEDx youth and parents motivated in the Fall Conference. She inspired us through her keynote

message and workshop to become more effective communicators. She offered training programs to attendees as well.

The Opportunity Drawing Chair, Bobby Canseco, already emailed me a list of improvements that he will consider at the Spring Conference. Judy Turpen, who helped with registration at the Fall Conference, already mentioned to me that she will come back again and volunteer as the speaker coordinator. Not surprising, Regina Flores Tercero, the first member to register online, wrote an amazing article about her experience in the Fall Conference. She is ready to return as an active Toastmasters member in Founder's District. Welcome back Regina!



However, my job as the Lt. Governor Education & Training is to serve all 4000+ members in Founder's District, not just those members who attended the Fall Conference. When we started the Toastmaster year in July, our goal in Founder's District was to be the number one district in the world. The only way to accomplish that goal was to motivate all 4000+ members to get involved in all education and training events. (CONT.)



(Continued from previous page)
Toastmasters programs are famous for learning by doing. The programs include all area/division/district events, not just activities within the clubs. Members can learn advanced communication and leadership skills by participating in the events sponsored by Founder's District. Please feel free to email lget@foundersdistrict.org if you are interested and want to get involved in an event or have an idea or suggestion for improvement.

Speaking of events, mark your calendar, LACE (Leadership and Communication Experience) is scheduled to be held on January 10 and 24, 2015. Registration will be open in early December and you may register online at <http://foundersdistrict.org/home/lace>. You'll also receive a postcard as a reminder of the upcoming LACE events. The main purpose of LACE events is to train club officers; however, it is open to all club members. Please note that it's that time of year to elect club officers. It's important to submit the new officer names

to Toastmasters International before the end of December to receive DCP credit and officer training credit.

Another important event is the Area and Division Governors training on January 17. Founder's District Leadership Dinner is scheduled to follow immediately after the training. One important feature of the Toastmasters programs is that all leadership positions are run by volunteers. These are great opportunities to learn communication and leadership skills. These skills are not only useful in the Toastmaster communities but also applicable to your professional careers. If you are interested or have questions, feel free to send an email lget@foundersdistrict.org. I want to thank all of you for being valued members of Founder's District.

Happy Holidays to all of you and your families!



Dennis Daugherty Photography



Photo Courtesy of Richard Daugherty

Siri Payakapan, DTM Lieutenant Governor Marketing Marketing Update

December has arrived! It's time to give you a recap of what we have accomplished since July 1 by our **Marketing Team**.

Events:

Fall Marketing Workshop July 19: At the National University, an enthusiastic crowd of 75 Toastmasters applauded 3 training sessions:

- *Building a Championship Club* by Lance Miller, DTM
- *Club Mentoring* by Alanda Dyer, DTM, PDG and Lauren Kelly, DTM, PDG
- *New Club Launch Meeting* by Norm Stein, DTM and Frannie Stein, DTM, PhD

Fall Retention Workshop November 1: At The Phoenix Club, 60 leaders (division governors, area governors and club officers) from Divisions A, C, D and E collaborated retention scenarios and solutions based on five retention options:

- Clubs Best Practices by Jack Schmidt, DTM
- Creative Meetings by Colette Gardner, DTM, PDG
- Club Coach by Alanda Dyer, DTM, PDG
- Speechcraft by John Angiolillo, DTM, PDG
- Adopt A Club by Dan Cossack, DTM

New Clubs:

Six new clubs have been chartered:

1. A2 4040162 7/16/2014 Alliant Orators Newport Beach
2. G3 4086224 9/01/2014 Schneider Electric - Lake Forest Toastmasters Lake Forest
3. H3 3876385 9/15/2014 WebMetro Toastmasters San Dimas
4. A2 4169030 9/19/2014 Alliant Achievers Newport Beach
5. G4 4070049 9/29/2014 OC Toastmasters: Encore Irvine
6. G1 4313536 10/30/14 US Bank Michelson Toastmasters Newport Beach

Suspended Clubs

Three clubs have been suspended:

1. D6 02963891 09/30/2014 The Roastmasters
2. D6 03123514 09/30/2014 Crafty Toastmasters
3. H4 01562217 10/01/2014 LA Works Masters

Incentive Awards

Fifty-seven Marketing Incentive Awards for "great" teamwork by the end of September were presented at the Fall District Conference – Saturday, November 8, at the La Mirada Holiday Inn. Awards presented included portable lecterns, customized club banners, meeting signs and TI store gift certificates of \$10 - \$50. You, too, can receive these awards at the Spring District Conference on April 25, 2015, by following the **guidelines** for marketing incentives.

Club Mentors/Club Coaches

We continue to accept applications for Club Mentors for new clubs and Club Coaches for existing clubs **CLICK HERE** for details.

Upcoming Events

- *Spring Marketing Workshop*, Saturday, March 7, for any interested Toastmasters, location TBD (in Arcadia/Pasadena area) for first 100 RSVPs.
- *Spring Retention Workshop*, Saturday, March 21 for divisions B, F, G, and H leaders at The Phoenix Club in Anaheim (invitation only).

Let's continue to **elevate our potential** in personal growth and teamwork.

Happy Holidays from our Marketing family to yours!



PRO Awards *Robert Kelleman, DTM, PRO*

Public Relations Awards Purpose

- Recognize public relations excellence at the club level
- Share best practices

Best Video

OCCN Speakers Forum – Club 9377
Compelling video highlighting the member benefits of Toastmasters.

Best Special Event

Possibilities Unlimited – Club 7368
HPL Project for Lance Miller workshop sells 275 tickets.

Best New Member Campaign

Surf City Speak 'N Lead – Club 6570
Highly organized and well-planned campaign to attract new members

Best Overall Public Relations

Watermeisters – Club 8951
Integrated and multi-faceted public relations – the best in the District!

Congratulations to all the clubs who won these prestigious awards. Please plan to participate in the Public Relations presentation at LACE: January 10 and 24.

The Spring 2015 Public Relations Awards will cover the time period from November 1, 2014 to March 31, 2015 with winners announced at Founder's District Spring Conference on April 25, 2015.

Public Relations Award Categories

- Best Club Web Site
- Best Social Media
- Best Video
- Best Special Event
- Best New Member Campaign
- Best Overall Social Media

I received 34 entries from 15 clubs, and the winners were announced during the Hall of Fame luncheon at Founder's District Conference:

Best Club Web Site

Irvine Lunchtime Toastmasters – Club 219
Creative and user-friendly web site packed with information and photos.

Best Social Media

Dynamic Forcemasters – Club 587
Eight new members since July from Facebook, YouTube and MeetUp.



Learn, Laugh, Celebrate at the Toastmasters Fall Conference 2014

by Regina Flores Tercero, CC



On a warm night of November 7, 2014 at 6:30 p.m., I sauntered into the Holiday Inn-La Mirada for the kick-off of the two-day Founder's District Fall Conference, a bit anxious in anticipation of my first Toastmaster conference. My

anxiety was momentary when I caught a glimpse of about 200 friendly professionals who are ready to learn, laugh, celebrate, and network at the annual conference in honor of the 70 years of Founder's District and 90 years of Toastmasters International, focused on the theme of "Elevate Your Potential."



The two-day conference was very well-organized, with the detailed attention and excellent coordinating work of the event co-chairpersons, Ursula Bell and Brian Hsu, and under

the leadership of Founder's District Governor Linda Ulrich, DTM. The registration desks were staffed by friendly and helpful Toastmasters members. The displays were attractively placed. The colorful program brochure was

peppered with a variety of events for the full two-day conference. The buffet dinner was filled with delicious choices of



pasta and roast beef and a wide variety of desserts. The over-all program and presentations flowed seamlessly with the smooth emceeing prowess of Ursula Bell and Ryan Matsunaga, who made

introductions and announcements of various program segments. Linda Ulrich, DTM, gave a warm welcome speech, with her upbeat personality and style.

The highlight of the two-day conference focused on the keynote speaker, Patricia Fripp. She is in a class by herself, with her mile-long speaking credentials and awards achievements, notably being the first woman president of the over 3,000-member National Speakers Association. Patricia Fripp sizzled and sparkled in her presentations and interactive audience workshop. She shared her personal life, rising from being a hairstylist in England to becoming a much sought-after international speaker and coach. Ms. Fripp synthesized



her speech formula, made it sound so simple, like we should all get it. She had excellent strategies and actual lines that speakers can use in speech openings to grab attention, including powerful demeanor and stance, personal grooming and appearance and effective use of hands and a reminder to drop sloppy language, like the ubiquitous, "you guys." Instead, Ms. Fripp urged employing colorful, dramatic words and phrases that will linger on people's minds long after a speech has been delivered.



The evaluation contest and the humorous speech contest were the weekend's top entertainment. The contestants were all winners among winners. Champions were recognized for their 'pièce de résistance.' The evaluation contest winners were: 1st-Hoyt Sze, 2nd-Ryan Foland, 3rd-Cindy Carpenter. Donald Herrera pulled the contest together as the Evaluation Contest Master.



interviewed the contestants and winners, allowing for a more personal encounter with each of them.

The Conference recognized Gustavo Arellano as the Founders District's top choice for its Communication and Leadership Award Winner. Mr. Arellano is a multi-talented achiever and multi-awardee from Orange County, who has "exceptional

vision, creativity and work ethic," a prolific writer, in addition to his many leadership qualities. He is the editor of OC Weekly, an alternative newspaper in Orange County, author of Orange County: A Personal History and Taco USA: How Mexican Food Conquered America, lecturer at California State University, Fullerton, and a consulting producer on FOX's animated show, Bordertown.

The Humorous Speech Contest was a galore of stand-up comics and would-be Academy award winners, replete with their thespian skills along with their comedic talents. The winners were: 1st-Sonya Joseph for "The Perils of Being Indian on Television," 2nd-Ryan Foland for "Black, Wet Cat," and 3rd-Robert Szebert for "My Tribulations with OTD" (being over the top Toastmaster, at the overdose level, LOL). The Humorous Contest Master, Jeanne Cassidy, briefly



The two-hour business meeting was the forum for Toastmasters to conduct

business, recognize special levels of Toastmasters achievements, awards, recognitions and for important club announcements. There were several well-deserving Toastmaster leaders who were accorded the due recognition during the Hall of Fame sit-down luncheon and business meeting on Saturday, November 8, 2014.

The many opportunity drawings, chaired by Bobby Canseco,

added fun and surprises for many chances at winning all kinds of prizes, with almost a prize for everyone's delight; it literally felt like the holidays were just around the corner.

In addition, the pleasant and comfortable hotel venue, plus the sumptuous foods and excellent service made the Toastmasters Fall conference a superb experience. The ease of freeway access and plenty of free parking made this a stress-free weekend for many attendees.

Congratulations to all the volunteers for a job well done! After being away for several years from Toastmasters, as a two-time Competent Communicator with a Los Angeles club and an Orange County club, I have found my way back to the big, wide, wonderful world of Toastmasters. Thanks to Founder's District Fall Conference, my resolve has been reinforced to once again elevate my potential through the Toastmasters program.

News From Division F

by Sawarnjit Singh ACG, CL - Division F Governor

Division F has been without a Division Governor since this past August. During this time, the six Area Governors, Fumiko Tajima (F1), Nancy Schramm (F2), Susan Medwied (F3), Robert Lee (F4), Mark Dobrilovic (F5) and David Moore (F6) with help from veteran Toastmasters advisors/volunteers such as Mary Berg, Diane



Beall, Lee Lance,Carolynn Bramlett, Frannie Stein, Norm Stein, and Bob Hudack, were able to fulfill the responsibilities of the division in such areas as club officer training, club visits and guidance, finances, and membership dues renewal. In addition, the team together with further help from many many more volunteers held very successful Fall Area contests and the Division contests. I want to thank and congratulate the team for a job well done! I also want to extend a special thank you to Della Mahone (Div C Governor) and Donald Herrera (Div D Governor) for crossing division boundaries to help out at the contests. I am

sure I missed mentioning someone who helped... I thank you too!

I am looking forward to working with the team for the remaining term. The division theme is "Forging the Future." By working together we can create the future we want.

On a more personal note, I will provide some answers to some questions...

Clubs you belong to? Second Stage Toastmasters Club #3742 in Irvine.

How long you have been with Toastmasters? I started in 1992 with Smedley Chapter 1. Occasionally I have taken some leaves of absences from TM. I am usually active only at the club level. I did venture out of the club upon Mary Berg's urging and into district roles about seven years ago. I spent two consecutive terms at district level as Area A1 Governor and then immediately as Division A Governor.

Where do you work? I am in Manufacturing Operations at Identiv, a Global Security Technology Company, for the past 29 years. I have been in this field since 1980.

What are your hobbies? I enjoy reading mainly with some golf here and there. I do ride my bicycle everyday (except when it rains or when those Santa Ana's kick in) to go to work and back. I am able to put in 2.5K to 3K miles per year of cycling exercise—no need for a gym membership.

How has Toastmasters enhanced your life? From two fronts. First, TM provides the push to venture outside my comfort zone. Second, TM reminds me that for me to make the most of my abilities I need to do it with and thru other people.

What do you look forward to or hope to achieve this year as the Division F Governor? First, I hope to connect with as many Toastmasters as possible. Second, I hope to lay the foundation so as to forge the future to make the Division excel in all fronts. This cannot be completely done in my term because the time is too short. I will do what can be done now. I look forward to working with the next Division Governor and to continue the work moving forward. This is a long-term hope.

Marketing Incentive Awards

By Ligia I. Molina, DTM, Marketing Awards Chair



The Marketing Team utilizes several incentives and awards to recognize and to honor the growth of the clubs in Founder's District. Marketing events enable us to share the achievements of our clubs with the local

community. Chartering a new club is a valuable experience in teamwork and leadership. Conducting an Open House helps us to showcase the many benefits that Toastmasters has to offer. Conducting a Speechcraft program allows experienced Toastmasters to present the fundamentals of public speaking to non-members in a Toastmasters club setting. Leading a Youth Leadership Program (YLP) is rewarding and will ensure that our future generation will become part of the Toastmasters family and gain much needed communication and leadership skills.

At the 2014 Fall Founder's District Conference, the energy, expectation and enthusiasm were shared by all attending Toastmasters. The awe and excitement of the new club members was impressive and brought back memories of my first Fall Conference -- the Business Meeting, the contests, the awards and the Distinguished Toastmasters ceremony. At the end of the day, my admiration and commitment to Toastmasters were etched in my mind and, yes, in my heart as well. I was grateful for the opportunity to attend and network with fellow Toastmasters.

At the District Conference, Siri Payakapan, DTM, the Lt. Governor Marketing presented the following awards to the clubs, areas and divisions to recognize their achievements (and these are listed in the Hall of Fame booklet).

Open House Awards: \$10.00 TI Store gift certificate nine clubs won this award.

Lideres de Alcance Toastmasters Club #3919626, A-1

Ingram Microphones Club #2592, A-3

Lake Avenue Toastmasters Club #8360, B-2

San Gabriel Valley Wine and Dine #3215028, B-6

Surf City Speak N Lead Club #6570, C-4

FCBC FV Speech Club #870344, C-5

Irvine Lunchtime Toastmasters Club #219, F-2

South Orange County Toastmasters Club

#3944816, G-2

OC Toastmasters: Encore Club #4070049, G-4

Club officers proudly submitted their clubs' Open House photos, guest lists and artistic flyers to win this award. We commend each of these clubs for their commitment and enthusiasm. The Irvine Lunchtime Toastmasters #219 and San Gabriel Valley Wine & Dine #3215028 were the first to submit for the Open House award, winning also one free ticket each to Founder's District Fall Conference.

New Clubs Chartered Award: Five clubs won a portable lectern, customized banner, or \$100 TI store gift certificate and a customized meeting sign.

Alliant Orators Club # 4040162, A-2

Alliant Achievers Club #4169030, A-2

Schneider Electric #4086224, G-3

OC Toastmasters: Encore Club # 4070049, G-4

WebMetro Toastmasters Club #3876385, H-3

Youth Leadership Award – Ryan Matsunaga of Kaiser Toastmasters received the award for participating in the Youth Leadership Program. Kaiser Toastmasters Club #8735, B-1

Eight or More New Club Members Award: Six clubs won a \$50.00 TI Store gift certificate.



as they learn, explore, bring new ideas, develop friendships and have fun. Strong club members are energized to achieve self-confidence and personal growth as leaders and communicators.

Congratulations to Founder's District winners of the Marketing Incentive Awards!!

Eat Well to Speak Well!

By Michele Ballard

Alliant Orators Club #4040162, A-2

Speechcrafters Club #1699, B-4

The Contrarians Toastmaster Club #909560, F-4

Rancho Speech Masters #9223, G-1

Irvine Toastmasters Club #7097, G-4

Spectrum Speakers Club #9317, G-4

Four or More New Club Members Award: Thirty four clubs won a \$25.00 TI Store gift certificate.

Most New Members in a Club:

Spectrum Speakers Club #9317, Katrina Dayman, Club President

Most New Members in an Area:

Area G-4, Marie-Noelle Palermo, ACB, ALB, Area Governor

Most New Members in a Division:

Division G, Marshall Northcott, ACG, CL, Division Governor

All Toastmasters clubs that achieved awards are role models and an inspiration to our organization and club members. Their efforts and ingenuity to add new members to their clubs demonstrate that YES - it can be done.

Club members working as a team to charter a new club, conduct an Open House, Speechcraft or Youth Leadership Program become stronger

Before you speak are you nervous with shaky legs, sweaty hands and a cracking voice? If so I have some information for you to easily help control your emotions through the foods you eat. This will calm your nerves and make you a more confident speaker!



As a Registered Dietician and a Toastmaster, I am often asked if the food someone eats will make a difference in their speech performance. Yes, it definitely will. Top athletes are always very conscious of what they eat prior to a big game in order to achieve their peak performance.

Food choices can significantly reduce stress and improve a person's overall mood. What we put in our bodies ultimately reflects how we act, feel, and behave. A recent British study on the correlation between the food a person eats and their overall mood found that panic and anxiety can be reduced by seventy percent just by eating whole and healthy foods.

(CONT.)

(Continued from previous page.)

So what should you eat before a speech? Foods that can reduce stress and fill you up include: green salads, fruits, vegetables, baked or broiled poultry or fish, whole grains, water with lemon and protein smoothies (include fruits, vegetables, protein powder and ground chia seeds). I would also recommend purchasing organic whenever possible and to avoid pesticides. Healthier choices are not just good for your body but they will also make you feel better – before, during and after your speech. Foods to avoid before speaking include fried foods, sweets, fatty foods, sugary drinks and alcoholic beverages. While these types of foods and beverages may be tempting, especially if they're readily available when we're pressed for time, eating or drinking these items can actually increase your stress level.

Other foods choices depend on how much you understand you own anxiety level. If you have frequent panic attacks, you probably want to avoid coffee before a speech because caffeine can increase your heart rate and may trigger an attack. However, if you have more general anxiety, coffee may actually be beneficial because many people find that caffeine, in low quantities of course, can actually reduce stress and improve mood.

In summary to improve your speeches by taking a cue from top athletes – eat healthy before your next big performance. Making healthy food choices before you speak will make you feel better and give you the confidence to deliver a great speech.

Michele Ballard is a Registered Dietician and Founder's District Social Media Marketing Chair.

The Importance of Building Relationships in Toastmasters

By Aaron Nakamura, ACB, ALB

When I was 14 years old, I started to take up leadership roles for the high school youth ministry

department at my church in Temple City, California. The youth department was failing and at the time, it was widely known that the young people were usually never seen again after they graduated high school. It wasn't because of religious purposes or for college pursuits. It was due to the simple fact that, besides being a religious place of worship, there wasn't—in their eyes—any value for being there—me included.

When I started to take the helm, just a small measly four or five of us regular attendees came each week to the church's Saturday morning program. But after making a few tweaks and additions, in less than two years, the youth department grew five times to over 25 regular attendees at each Saturday morning program.

Today, the entire department, made up of junior high, high school, and college students, has grown to be one of the most active and third largest youth ministry departments out of 29 Christian Seventh-day Adventist Churches in the Los Angeles area.

The Secret

What was the secret to turning the department around? I came to find that it wasn't about how many people walked in through the door. The key was to focus in on what value was offered to the individuals once they came in.

The concept applies perfectly to the Toastmasters organization. You can have dozens of individuals walk into a Toastmasters club but just as easily, have just as many walk out never to return again simply because they did not truly feel the value of joining Toastmasters.

Often times, food, drinks, raffle tickets, and free prizes are offered as incentives to get visitors to come to meetings. While those things are great, unless a more fulfilling value is served and offered, the most likely outcome that would come about is having many both join but fizzle out in 2-3 months or they simply will never come back.

The Solution

I have found that the best place to show value is through you. A cycle that our clubs unfortunately reproduce on a consistent basis that is hurting the organization as a whole is this: Clubs have guests come in, are eager to get them to join, and once a member, leave them to fend for themselves. We need to start truly investing ourselves in the lives of these individuals that devote their time and resources to be there. As mentors and leaders, we shouldn't be on a system that just sends an e-mail or two of a grocery list of things to improve upon to new members. Instead, we need to focus on building strong relationships with our members. When I sit down to mentor new Toastmasters, I usually meet after our club's meetings and often times at a coffee or tea shop in a more casual environment. There, we not only talk about how the speech was prepared for and presented, but simply how life is going.

After communicating with them on a deeper level and showing interest in them as a person, not only do they express the feeling of a stronger value in Toastmasters, but they felt a greater sense of friendship and connection to the club. Instead of focusing on adding names to a club roster to increase the club membership count, we need to focus foremost on offering value and relationships—and the rest will come naturally.



At just 23 years old, don't let Aaron Nakamura's young age lead you to mistake him for one that lacks experience. You can find him coordinating large community events, mission projects overseas, or speaking in front of youth organizations across the United States. This year's Area H-2 Governor in

Founder's District, Aaron calls the Words of Hope Toastmasters Club at the City of Hope his home club but enjoys connecting and sharing his passion for helping others with young adult Toastmasters wherever he goes.

January is Founder's District Open House Month!

By Robert Kelleman, DTM



Is your club planning an open house this January? The answer should be "yes" because January is the best month of the year for a Toastmasters club to have an open house. In the beginning of the year many people establish personal and/or professional goals for

themselves as part of their New Year's Resolutions. That's why January is by far the busiest month at gyms and health clubs! You can take advantage of this phenomenon by having an open house at your Toastmasters club this January and recruiting new members.

To support January 2015 as "Founder's District Open House Month" the District will provide a \$10 gift certificate from Toastmasters International to any club hosting an open house this January. The District Public Relations team will also help promote these events through their various communication channels.

Having a successful open house is easy if you follow these four steps.

1. Have Fun

- An open house is really just a "party with a purpose" – incorporate fun into the entire event.
- Showcase Toastmasters and your club – what do you offer that will help people achieve their personal and professional goals?
- Keep it light – for an open house fun topics are better than speeches on death or taxes. (CONT.)

(Continued from previous page.)

2. Plan

- Utilize a checklist – that way you'll not overlook anything required for a successful event.
- Determine roles and responsibilities – get the entire team involved.
- Bring food and drinks – free food and drinks are a great way to draw more guests.
- Have guest information packets – studies show that guests who receive a guest information packet are much more likely to sign up as members.

3. Promote

- Create a flyer – be creative so your flyer gets people's attention and motivates them to visit.
- Use local media – newspapers, radio and TV can help promote your event.
- Use email blasts.

Have your members email all of their friends, family, neighbors and coworkers to your open house.

- Update your web site – everyone should know there's an open house at your club.
- Leverage social media – Facebook, Meetup and LinkedIn are great ways to promote your open house event.

• Make use of personal invites and word of mouth – personal invitations are by far the number one way people join Toastmasters.

4. Have Fun!

- Socialize – establish personal connections with your open house guests.

- Make guests feel welcome – you always want your club to be warm and inviting.
- Ask each guest to join Toastmasters – don't let guests to leave without a direct invitation to join your club.

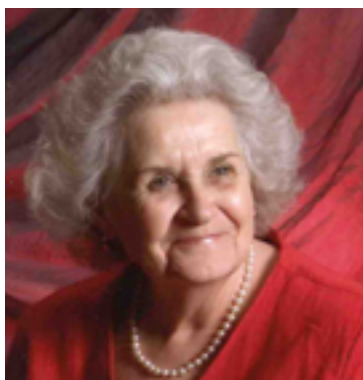
- Follow-up – invite all guests to come again, both while they're at the meeting and afterwards via email.
- Continue having open houses – the more the better.

So there you have it. Planning an open house is easy if you follow those four steps and now your club is ready to attract new members this January during "Founder's District Open House Month." Need additional information on open houses and/or want to receive your \$10 gift certificate? Contact

Robert Kelleman, DTM,
Founder's District Public Relations Officer via email at rkelleman@yahoo.com.



Evaluation of Founder's District Fall Conference *Judy Turpen, DTM*



Toastmasters International turned ninety this year and Founder's District is seventy. Wow! To commemorate this special achievement, Founder's District Conference was held on November 7-8, 2014 at the La Mirada Holiday Inn.

Beginning with an easy registration staffed by friendly Toastmaster members, and a delicious buffet meal, Linda Ulrich, DTM, District Governor opened the meeting with a rap of the gavel and closed it on Saturday at the conclusion of a most entertaining "Humorous Contest." Our District Governor's theme, "Elevate Your Potential" was evident throughout the two-day event.

Conference Chair, Pan Kao, DTM, Ph.D., Lt. Governor Education and Training and his committee selected an outstanding venue with ample parking, good food and spacious meeting space. The staff at the Holiday Inn offered Founder's District Toastmasters outstanding service.

The invitation to Patricia Fripp as keynote speaker was a win-win situation for newcomers as well as long-time Toastmasters. Patricia is known as, "A Speaker for All Reasons" according to her training website: www.frippvt.com. She captured the audience Friday evening with her humor and held them for two hours Saturday with entertaining and motivational training. Patricia was named "One of the 10 most electrifying speakers in North America" by Meetings and Conventions magazine. She is a partner in the World Champions of Speakers Edge coaching community with four International International World Champions Toastmasters. Visit her website to find out more about the programs she offers to become a powerful and persuasive presenter.

The conference MC's, Ursula Bell and Ryan Matsunaga were entertaining as they kept us on track. District officers wisely held the evaluation contest on Friday evening after the keynote address and the humorous contest Saturday afternoon. The contestants were outstanding; they are all winners!

The business meeting was well-run by District Governor Linda Ulrich, DTM who moved the process along by some reports being delivered at an earlier meeting of district officers and were included in packets as written reports. Information about splitting of Founder's District into two was explained by Alfred Herzing, DTM, PID. The committee assigned the task will bring a proposal to the District at the spring conference for a vote.

The Hall of Fame awards luncheon is always a highlight with winners being recognized from around the District for individual, club, Area and Division awards. The C&L award recipient, Gustavo Arellano, was the entertaining guest speaker.

The opportunity drawing and the TM bookstore, as always, added to the overall success of the conference. Networking with other Toastmasters is always a great opportunity at this event. Being part of the conference was wonderful experience and I look forward to a great spring 2015 Founder's District Conference!

Judy Turpen, DTM is a long-time member of the ACTS Toastmasters Club #416 in Area B2.



Congratulations to Daniel Midson-Short

by David Moore, ACS, ALB



Congratulations to Daniel Midson-Short for placing third in his semi-final round at the International Speech Contest in Kuala Lumpur this past August. This was a fantastic accomplishment. Considering that there were nine semi-final rounds with three top place finishers in each round, this

made Daniel one of the top 27 speakers in the world for 2014.

I was one of over 2,500 Toastmasters who travelled to Kuala Lumpur, Malaysia for the International Convention and I was fortunate enough to be in the audience of the semi-final round to watch Daniel present his speech. Although I had heard Daniel's speech several times before it was a pleasure to hear it again. It got better each time Daniel gave it, and this was the best yet.

If you didn't hear Daniel's speech before, it was about how we all need to pay more attention to the important things that are going on around us all of the time, instead of spending so much time on our electronic gadgets. At least I think that was the message of Daniel's speech. To be honest I am not really sure because I was too busy taking selfies to e-mail to my friends... Look at me...I'm in Kuala Lumpur... #PetronasTowers.

As I sat there waiting for the contest results to be read I was very excited for Daniel because I really thought he had won. Unfortunately I wasn't allowed to cast a vote. The competition was very tough though, and I couldn't argue with the judges' choice for winner since the winner had a very good speech as well.

After the contest Daniel told me that he was pleased with winning third and actually a bit relieved that he didn't have to spend the next day and a half frantically practicing for the finals. Daniel said he learned a great deal through the process of preparing for the contest and he is looking forward to participating again next year.

Daniel began competing in Toastmasters speech contests in 2012, just a few months after joining Toastmasters. Daniel won the Founder's District Humorous Speech contest on his first try in the fall of 2012 with a very funny speech in which he impersonated a fast talking Aussie character. Of course, it helps that Daniel *is* a fast talking Aussie character.

Daniel then went on to win the Founder's District International Speech contest this past spring. That won him the right to compete in the semi-finals of the World Championship of Public Speaking in Kuala Lumpur in August.

Now it's time for everyone to start working on their speech for next year's International Speech contest. It will be here before you know it. Who knows...you might be the next Daniel Midson-Short...well without the Aussie hat and shorts. Again, congratulations to Daniel. He made Founder's District proud.



Lessons from the Road

by Daniel Midson-Short, CC, CL



If you had 5-7 minutes to share an important message with the world... would you do it? Should you do it? Could you do it?

That was the question I asked myself in January this year, when I considered entering the International Speech Contest. I knew the road ahead was one that

would help me grow and learn as a speaker, and I decided to rise to the challenge.

Along the way, I learned a few important lessons, some very counter-intuitive that I didn't expect. I wanted to call this article 'lessons from the road' as that is what I feel was my ultimate reward this year.

The first thing I learned was that I needed to work where I was weakest.

For me, this meant giving a serious speech. In my clubs, I am known as the funny guy, the one who can crack jokes off the cuff and make clever comments. But being serious and genuine in front of an audience is something I struggled with. Entering the International contest gave me a chance to explore that different side of my speaking, and to reveal myself more honestly to the audience. If you saw my speech, you probably remember it was about a painful person experience and a hard won lesson of learning to 'Pay Attention' to what was important.

Another area where I was weak was in my speech writing. Ever since I started at Toastmasters, I had got into the habit of creating my speeches by talking them out. I'd write down two or three main ideas and then stand in my living room and talk to my couches. In fact, I got myself all the way to winning the District Humorous contest in 2012 by simply talking out my speeches.

But I knew to improve as a speaker, I needed to become a better writer. I decided to go directly to the best in the business, 1990 World Champion David Brooks. I contacted David and asked him to mentor me. He gracefully agreed and we started working together on my speech writing skills. I learned a lot about structure and speech purpose, how to omit the unnecessary and be more succinct. It was a real privilege to work closely with David, to learn from one of my speaking heroes directly, and I gained a high amount of respect for the written word and how it influences.

The second thing that I learned was that when it comes to speaking, there are two types of practice.

I learned this important lesson from Lance Miller, the 2005 World Champion. He taught me the concept of 'drilling' the speech. He said that when you practice, make sure to go the whole way through your speech each time, and try it different ways. Fast, slow, high energy, low energy, serious, fun, etc. Doing this will increase the connection you have to your speech and help you internalize it.

Then once you have practiced, you need to go out and perform the speech. You need to get in front of people and actually deliver it. This will teach you the nuances and ways to improve. You will get verbal and non-verbal feedback from your audience. I also learned the value of videotaping every speech you give, so that you can review it later. Watching your own videos is probably one of the toughest things you have to do as a speaker, but is also one of the best ways to improve quickly.

The third thing that I learned this year was that the journey is the reward. Very often when we think of a speech contest, we think about winning. And I will admit I entered this year's contest to try to win, just like the majority of people did. In that respect, I got schooled!

However what I realized as I travelled the path to Malaysia is that the development I was experiencing, and the people I was connecting to, this was the true reward.

In Malaysia, I was lucky enough to place 3rd in my Semi Final. I am proud to make it that far my first time. But here's the most important lesson: I didn't 'beat' anyone. I simply put myself into a higher echelon of quality people, who are excellent speakers. The people I competed with became friends, and I was astounded by the genuine support I received from the other contestants at every level.

A speech contest is the best way to test yourself. And what I love about the Toastmasters speech contests is that no matter where you place in the rankings you will still grow as a speaker.

A lot of people ask me if I will compete again. And my answer is yes.... as long as I have a speech that I want to give. As long as I have something that I feel is important to share with the people in the audience, then I will compete again.

I now know the reality of what I am up against. This is a tough contest, especially at the higher levels. Next year, I may not make it past my club, or area contest, but I will keep putting myself out there. As long as I have an important message to share you will see me on the competition stage.

And now, let me ask you... If you had 5-7 minutes to share an important message with the world... would you do it? Should you do it? Could you do it? Yes, you can, you should, and I hope you will.

See you next year!

Make Your Speech Memorable

*Timofey “Tima” Ovcharenko, ACS, ALB
JPL/Caltech Toastmasters Club President*



What does it take to make your speech memorable? We all have a tendency to forget. We forget appointments. We forget where we put our keys. We forget what we have heard. How can we make our speeches memorable and not become another one of those speeches everyone will forget after a little while? There are three simple steps that will make your speech more memorable.

Step 1: Repeat key ideas or key phrases. There is a Russian proverb, “Repetition is the mother of learning.” Key phrases begin to stick when they are repeated. On August 28, 1963, Dr. Martin Luther King delivered one of the most famous speeches in American history, and that speech is remembered by the key phrase that he repeated several times – “I have a dream.”

Step 2: Use word pictures. Metaphors, illustrations, and analogies help the speaker paint scenes in the mind of the audience. Word pictures are powerful because they do two things for the speaker:

- Word pictures associate new information with information the listener already knows. This

method helps reinforce new information in the mind of the listener.

- Word pictures draw out the listener’s emotion. We remember our feelings and emotion more often than we remember what we heard. Good speakers will tell you their speeches; great speakers will allow you to experience/feel their speeches.

Step 3: Add a surprise. We all love surprises. Add a twist/surprise to your speech because it will add an extra element that will make your speech more memorable.

Repeating key phrases, using word pictures, and adding a surprise will make your speech more memorable. These steps will help you craft a speech that reflects your character, your message, and the emotion you want your listeners to feel, making your speech memorable.

Timofey “Tima” Ovcharenko, ACS, ALB, has worked at JPL since 2004 for the High Performance Computing team. He began as an Academic Part Time Student and developed his technical skills to become an HPC system administrator, system engineer, and a code developer. Timofey has had the privilege of working along side the Mars Science Laboratory’s Navigation team during Curiosity’s Entry Decent and Landing as an HPC engineer.

Timofey joined the JPL/Caltech Toastmasters club four years ago to overcome his fear of public speaking. Through Toastmasters, Timofey has not only overcome his fear of public speaking but has gone on to speak at conferences and the Toastmasters International Public Speaking competitions.

Timofey enjoys spending time with his family, sports, and teaching others how to overcome their fears of speaking to an audience. He has served as the JPL/Caltech Toastmasters Club President and VP of Membership. He is currently the Area B1 Governor.

A Competitor's View of the TM International Convention

By Cindy "The Creative Fireball" Carpenter



The annual International Speech Contest that begins in your club ends at the World Championship of Public Speaking each year, held at different destinations around the globe. 2014's World Championship was held this past

August in Kuala Lumpur, Malaysia, the first time ever outside of North America. Each District from around the world sends their best speaker to compete for the ultimate title "World Champion of Public Speaking." It's a coveted title for a lucky few. Approximately 25,000 people begin this journey in their clubs and it's whittled down to 98 competitors before

they all converge at the International Convention.



I am an active member of two Districts, both Founders (through membership in Professional Speakers

Club in Anaheim) and District 12 (Social Media Toastmasters in Corona). I was lucky enough to win the District 12 International Speech Competition and headed for Kuala Lumpur. I ended up placing 3rd in the semi-final rounds, placing me in the top 27 speakers in the world, and the top five female speakers. Yes, the competition at this stage is heavily weighted by men, about 80% vs. 20%.

I've been asked the same questions many times about my experience there. Here are some of them:

What was it like? The convention is exciting, grand, ceremonious, and friendly, very friendly! It's a fun meeting with like-minded individuals from around the world. There were thousands of Toastmasters from practically every country. Everyone spoke English!

How was Malaysia? Malaysia has a surplus of patriotic spirit. We saw millions of Malaysian flags literally everywhere: hanging off tall building (stretching 20 floors), in store windows, adorning street lights, painted on sides of buildings. It was amazing. It reminded me of the American spirit right after 9/11. Malaysia was also a study of contrast: you could walk out of a state-of-the-art multi-billion (yes, BILLION) dollar 10-story high-end shopping mall to find a mother sitting in filth near the gutter, holding her baby, begging for hand-outs to be dropped into her red solo plastic cup.



What was the competition like?

I expected my fellow competitors to be a bit standoffish. To my

delight, everyone was friendly and encouraging! We had all been thru "the battle" together (winning each of our respective districts) and everything that entailed. It brought us together, giving us much in common. As you can imagine, speaking before 1,500+ people is a wild experience! Laughter ripples on longer than speaking in a club, adding extra precious seconds to your speech. Several competitors went overtime and became disqualified (hard to imagine at that level!).

What didn't you expect? I didn't expect how much time it took to practice over and over. The last few weeks before I left, it felt like a full-time job! Also, I didn't expect to be as inspired as I was to continue to get better and continue to compete after participating in the contest. I will be passing along some of what I learned this coming January at LACE Training. The winning speech was INCREDIBLE. If you haven't watched it, check it out here on YouTube: <https://www.youtube.com/watch?v=bbz2boNSeL0>

Creating an Encouraging, Collaborative & Fun Toastmasters Community: Schneider Electric Toastmasters



*By Dr. Dave Cornelius,
DTM, and Fellow Club
Members*

Toastmasters Clubs are designed to allow members to feel the inclusiveness of a tight-knit community. A consistent theme of “members first,” always informs club leaders that our role is

to serve the needs of members. At a demonstration meeting, the speech should heavily focus on having members find their purpose and building a supportive community. As a sponsor and leader of the Schneider Electric Toastmasters, the first objective was to allow space to create a community that is encouraging, collaborative, and fun.

This was my first launch of a corporate club and I knew it was important to encourage cross-functional participation from members of the organization. My previous club sponsorship experience was an open club focused on project managers. The experience obtained from starting the project management-focused club prepared me for the administrative and marketing tasks required to start the Schneider Electric Toastmasters Club.

Partnership is essential to developing a strong Toastmasters community. The first partnership required was with the Human Resources (HR) Department. The support received from HR enabled a campus-wide communication alerting employees that the club was being formed. The second partnership was with my office mate, Joe LaRosa, who is a co-sponsor of the club. Joe has earned the Competent Toastmasters Award (CTM), and lends his experience to club members. The result of this great partnership and support was the club chartering on September 1 with 36 members. It currently holds strong with 42 members and there is continued interest from other staff members. The launch of the Schneider Electric Toastmasters Club has been a definite success because of partnership and the enthusiasm of employees whose aim is to improve their leadership and communication skills.

Dr. Frances Stein encouraged me to write an article about the experience of starting the Schneider Electric Toastmasters Club. Since the foundation, the club has become a community that is encouraging, collaborative, and fun. With that in mind, members were asked to answer two questions that would provide their feedback and thoughts about the club. The questions included:

1. What was your experience as a charter member of the Schneider Electric Toastmasters Club?
2. What do you hope to achieve as a member of the Schneider Electric Toastmasters Club?

The response to Question 1 is shown in the word cloud illustrated by Figure 1. The members’ responses included learning, skills, leadership, club, and speech.

Figure 1: Member responses to Question 1: What was your experience as a charter member of the Schneider Electric Toastmasters Club?



The response to Question 2 is shown in the word cloud illustrated by Figure 2. The members’ responses included hope, speaking, presenter, speaker, and topics.

Figure 2: Member responses to Question 2: What do you hope to achieve as a member of the Schneider Electric Toastmasters Club?



In conclusion, the group’s experience as charter members remains positive. The outlook for each member’s desired outcome is hopeful. A solid foundation has taken root, and the word is out within the business that a self-organizing group has formed a community that is encouraging, collaborative, and fun. We look forward to our meetings each week because of the growth we’ve experienced, as well as to share our ongoing acquisition of knowledge with each other.

Ask the International Director

Ede Ferrari-D'Angelo, DTM

International Director, Region 10



The idea for this column began over dinner with Founder's District Governor, Linda Ulrich and Lt. Governor, Pan Kao who suggested a column for the District newsletter. The concept is to provide a forum for the members to ask the International Director questions about the Toastmaster organization.

Feeling emboldened by two cups of decaf I said "sure, I can do that." So here I am offering you the opportunity to ask me, your International Director

(for the next two years), questions you may have about this amazing organization.

Are you curious about what a Director actually does? Just ask.

Do you want to know something about the history of Toastmasters? Ask me.

You may be wondering about the future of the organization-I will be happy to discuss.

The column will launch in December 2014, so give some thought to what you want to know about Toastmasters, past, present and future. Send your questions to Region10ID@gmail.com, and watch for the questions and answers to be posted on the Founder's District website- www.foundersistrict.org.

I look forward to hearing from you.

Immediate Past District Governor, Harry Yan, Roasted!



As is the tradition in Founder's District, departing District Governor Harry Yan was given a grand send-off on the morning of November 15, 2014, with a good-natured "roast" and special breakfast. Harry enjoyed listening to playful ribbing all morning long. Thanks again, Harry, for an outstanding year here in Founder's District. We appreciate your service.

Passing of the Banner: A Tribute to Lee Schwartz

*By Michael Kunysz, CC
President of Covina Breakfast Club*



Covina Breakfast Club #2387 recently honored one of its most honorable members, Lee Schwartz, CTM, who joined the club in January 1994. During his long tenure, he continued to ensure that Toastmaster traditions were present and

handed down to the next set of members. He also served as a club officer every year since 2003.



Following his 99th birthday, Lee graciously retired from the club and, at a ceremonious meeting, was awarded and presented with the club's banner.

I joined the Covina Breakfast Club in October 2013 and had the fortune and opportunity to see the great following and respect Lee Schwartz had among the other members of the club. Lee's warm traditions of friendship and openness to the Toastmaster experience of speaking, listening, and positive evaluations, was present at my first Toastmaster meeting with Covina Breakfast Club.

That's why I joined.

The Lee Schwartz tradition of starting every Thursday morning at 6:30 a.m. with

breakfast and a cup of hot coffee, while speaking and listening and partaking in impromptu table topics, prepared speeches, and positive and



constructive evaluations, is the way all mornings should begin.

Since Lee's parting, the Covina Breakfast Club has continued with these rich traditions and has added new members who bring a fresh perspective. A new club banner has recently been purchased and now stands firm and strong at all meetings as a reminder of the past but also of the future growth.

With the passing of the banner, a little bit of Lee Schwartz was passed onto the existing members, who then pass along the traditions to our newest members.

In this way, the special traditions that Lee Schwartz brought to the Covina Breakfast Club continue to live on into the future.



Polysh'd Speakers Holds Open House

By Carla Torrence, ACB, ALB



On October 28, 2014 Polysh'd Speakers hosted a very successful Open House on the campus of Cal Poly Pomona. There was a packed audience that included students, faculty, and staff. Our Area Governor Steven Ball served as Toastmaster for the event.

I was excited to give an informative speech on the Toastmasters educational program which I believe

is the heartbeat of Toastmasters. The educational program helps each member with a curriculum to set easily obtainable goals for developing their communication and leadership skills. It also gives information on awards and recognition that can be obtained through this program. Both the communication track and the leadership track were discussed so our guests could become familiar with these programs.

We had a lively Table Topics session based on the theme "Pilgrim's Pride" (Thanksgiving). We were encouraged to see first-time guests participate in the session.

Our members volunteered to bring snacks and treats for the Open House which certainly added to the festive mood.

This was a great opportunity for our club to spotlight the many benefits that Toastmasters has to offer to offer to members of our local community.



Covina Power Speakers: *Planting the Seed*

*By Lorraine Casas, CC, CL
V.P. of Education & Secretary
Covina Power Speakers*



Our club, Covina Power Speakers, had the privilege of having our Division H Governor, Karen M. Baumgartner, speak at our Time Management workshop on October 28 in Covina, CA. The idea of the workshop was to

provide a topic that would apply to guests and members. The club's goal was that guests would recognize the importance of investing in themselves and identify being a member of Toastmasters as a benefit. We are all busy juggling the hustle and bustle of life, trying to be a super performer. When this skill is

performed we tend to cut many self-benefitting activities out of our life. Karen delivered a speech that asked each of us to keep a time log to account for the 1440 minutes we have in a day. The activity called for us to track our daily activities then score each activity on priority from 1-4 and decide which activities deserve more and less time, and what can be put off for tomorrow. The main goal was to focus on "investing in yourself." Karen shared the importance of getting something out of where you decide to spend your time, because after all you only have 1440 minutes in a day.

The event brought a handful of visitors to our club. Although none have yet decided to join, Karen's speech planted a seed. A seed takes time to grow, needs planning, and continuous attention. With continuous planning, nurturing, and dedication, we are confident our club membership will grow.

Founder's Staff Favorite Conference Photos... (Thanks to our amazing photogs...Richard and Linda!)



Ryan Foland (left) jumps for joy after winning second place trophies in BOTH contests. Patricia Fripp (right) engages audience.

Richard Elliott Obituary

Richard "Mr. Purple" Elliott, Sr. was born on October 1, 1944 in Detroit, Michigan. He was the son of Robert Lem and Daisy Mae Elliott and the second of five children.

Richard graduated from Cass Technical High School in Detroit. Richard met his wife Mary in 1959 at Ebenezer A.M.E. Church in Detroit. In 1966 they were married and had three wonderful children. They were married for 48 years.

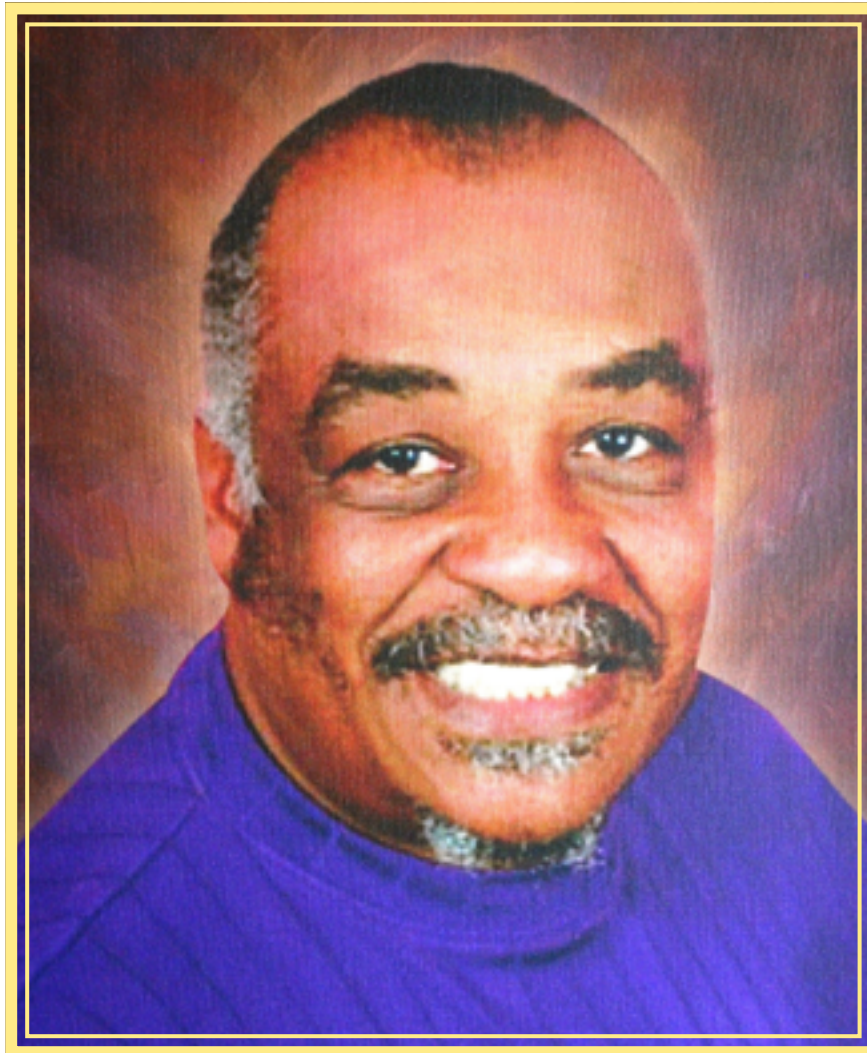
Richard joined the United States Marine Corps in February 1964 and was honorably discharged in 1970. He received the Good Conduct Medal, the National Defense Medal, the Vietnam Service Medal with three Silver Stars and the Vietnam Campaign Medal.

After he left the Marines, Richard lived and worked in Washington DC before moving to California and making it his permanent residence. He worked for Magnavox in

Torrance, California as an electronic technician before becoming an entrepreneur. Richard had a booth in the Norwalk Indoor Swap Meet where he did video pictures. He also setup car shows where he also took pictures. He was a photographer at private parties and owned his own T-shirt store in Lynwood, California. He was an active member of the Lynwood Unified School District. Richard enjoyed being around people. When he met new

people he introduced himself as "Mr. Purple . . . an all around nice guy."

For over thirty years Richard was very active within Toastmasters International. He held various positions and received many awards for his speeches and dedication to the organization. Richard served in all seven club officer roles at least once, was an Area Governor, Division Governor and Founder's District Lieutenant Governor Marketing.



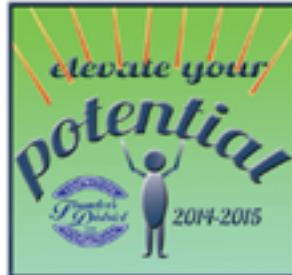
Most recently he was a long-time member of the Dynamic Forcemasters club in Downey, the Division E Speech Contest Co-Chair and member of Founder's District Public Relations team. Richard was also working on a High Performance Leadership Project, the only remaining requirement he needed to complete his second Distinguished Toastmaster (DTM) recognition.

Richard's mother and father, Daisy and Robert

Elliott, and brother, William McCreary, preceded him in death. He leaves to cherish his memories two daughters: Andrea Johnson and Lizet, a son: Richard Jr., one grandson: Marlin Johnson, and three granddaughters: Jasmine Johnson, Marta and Daniela Elliott, one brother: Ronald Elliott and two sisters Blanche (B.J.) Edmunds, and Bernadine Shannon, as well as host of other relatives and many Toastmaster friends. He will be greatly missed.

L.A.C.E.

Leadership And Communication Experience



Presented by Founder's District Toastmasters

JANUARY 10, 2015 - CHAPMAN UNIVERSITY, Orange

JANUARY 24, 2015 - CALIFORNIA STATE UNIVERSITY, LOS ANGELES

REGISTER at <http://foundersdistrict.org/lace-registration>

**Founder's District
11401 Palmwood Drive
Garden Grove, CA 92840**

For just \$15.00 Pre-Registered
(\$20 at the door),

You will enjoy an entire day of

**OUTSTANDING OFFICER TRAININGS
DYNAMIC LEAD & SPEAK BETTER SESSIONS**

Lunch is included.

Take home plenty of information.

Saturday, January 10, 2015

Chapman University
1 University Drive
Orange, CA 92866

Saturday, January 24, 2015

California State University, Los Angeles
5151 State University Dr
Los Angeles, CA 90032

REGISTER at

<http://foundersdistrict.org/lace-registration>

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