



TOASTMASTERS
INTERNATIONAL

The Founder

www.foundersdistrict.org

WHERE LEADERS ARE MADE

MARCH 2015

Founder's District **Trio-Messages**

PRO says,
"Farewell"

Contest Praxis

**The Importance
of being
Distinguished**

Founder's District
Photo Contest

L.A.C.E
UPDATE

Valentine's Day
Challenge

Member Stories

...and MORE!

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



2014 Wedding of Marie's daughter and son-in-law

Marie Hulett, Editor in Chief of *The Founder*

Last year, my second daughter, Danielle, tied the knot with her high school sweetheart, Carlo. They got married on the tenth anniversary of their first date at Disneyland in a beautiful and fun-filled ceremony followed by a festive reception.

What was very interesting however, was that when it came time for various key players to toast the newlyweds, I found myself mentally taking notes and “preparing evaluations” for the speakers! It was as if I couldn’t help myself! I was counting ums, ahs, restarts, and all the usual filler words that nervous speakers use. I noted if their opening statements grabbed the audience, whether their transitions flowed smoothly, how well-formulated the body of their speeches were, and if their conclusions were strong and meaningful. If only they had attended Toastmasters before my daughter’s big day!

Honestly, they weren’t THAT bad. And most wedding audiences don’t really judge (or care) about the quality of a wedding toast. But as the mother of the bride, I wanted everything to be perfect and my perspective on *Wedding Toast Presentation* was definitely informed by my Toastmasters affiliation!

Now I’ve been told that I’m not alone when it comes to this Toastmasters’ “syndrome.” In fact, I’ve heard from a lot of my Toastmaster friends that when they listen to political speeches, radio hosts, and other “professional speakers,” that they too start tallying speech faux pas! It’s like a switch that automatically turns on!

This might not be a bad thing. I know that when I hear problems in the oral presentations of others, I think about how they could be improved and how I would restate their words if I were the one making the speech. It’s a great educational experience for me. Further, if the speaker is someone I know well, I ask them if they’d like

“notes” on their presentation. Usually, speakers are happy to get feedback. This is also a great time to let them know about Toastmasters! I’ve encouraged a number of my friends and family members to consider visiting their local Toastmasters’ club.

We are told, as Toastmasters members, to “Let the World Know” about the Toastmasters’ Educational Program. It’s not just because clubs need new members; it’s because

almost everyone can benefit from a little (or a lot of) practice in the area of public speaking—and what better place to do that than in the safe and encouraging setting of a Toastmasters Club?

If you have friends, family members, or co-workers who could profit from honing their speaking and leadership skills, invite them to attend a Toastmasters club meeting with you. You never know—they might end up giving the Toast of the Century at a future wedding, (and making the mother of the bride very happy)!

And now to the part of my editor’s column that you “Founder-Finders” have been waiting for—revealing the locations where our stray pup, “Founder” was hiding in the previous edition.

I am happy to report that a record number of readers successfully located our little guy; but the very first two that emailed me (and who received complimentary LACE registrations) were Petra Reininger from Club 4220, Easy Speakers, and Cathy Tipton, Club 02505976, Ziggurat.

“Founder,” was hiding on Page 5 in the hands of an audience member, and on Page 24, sitting in the lap of Lee Swartz. Thanks to everyone who helped bring “Founder” back home...but as you have probably guessed, he has once again escaped 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 the upcoming Spring Conference-2015. Email me at mhulett@coastline.edu

to let me know BOTH of his hiding spots! (He looks like the picture on the right.) Since so many folks found him in our previous edition, he has decided to hide really well this time. Hopefully someone will bring Founder back home!

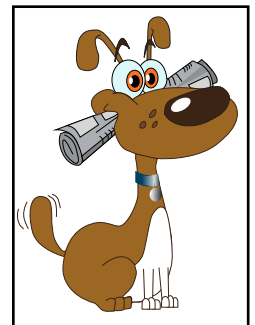




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Founder's District LACE participants enjoy an informative presentation.



Toastmasters International

Mission

We empower individuals to become more effective communicators and leaders.

www.toastmasters.org

Founder's District

Mission

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

www.foundersdistrict.org

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Photo Courtesy of Richard Daugherty

Linda Ulrich, DTM **District Governor**

Founder's District ROCKS! And I am so honored to have the privilege of serving as your District Governor this year.

Our theme is "Elevate Your Potential" and our members, clubs, Areas, and Divisions have taken this to heart. They have earned education and leadership awards, brought in new members, competed in speech contests, served on committees, sponsored/mentored new clubs, served as part of the launch teams for potential new clubs, stepped up to coach struggling clubs, presented sessions at LACE, extended a hand, offered advice, and encouraged each other.

The last three in that long list are our legacy in Founder's District; we have proven this year after year for the past 90 years. Yeah, yeah, I know Founder's District has only been around for 70 years, but we were actually here from the very beginning. And, that, Founder's District, IS our legacy!

Our goal this year is to be the Number 1 District in the world, to stand on the stage at Caesar's Palace in Las Vegas in August and proclaim to the world that we are Founder's District! Although we have accomplished so much in these first eight months, we still have some work to do before we reach our goal. We have four exciting and jam-packed months to go before the end

of our 2014-2015 Toastmasters year to get it all done. We cannot reach any goal without you doing everything you can to "Elevate Your Potential."

As wonderful as we are, we have some clubs here in Founder's District that need our help. I encourage you to find a club near your home or place of employment that has 12-15 members and join that club. Even though you are just one person, you have so much to offer. If you have to ask why you should help, go back and read those last three things in that list - extend a hand, offer some advice, and encourage each other. Be part of the legacy!

There are some great incentives still available for our members, clubs, Areas, and Divisions to achieve. Toastmasters International has a membership campaign going on right now. It's contest season - be a contestant in the Table Topics or International Speech contest, assist at an Area or Division Contest by contacting your Area or Division Governor, be part of the excitement by going to a contest and supporting your club's contestants. It's membership renewals time, too. And, on April 25, we will be having our Spring Conference; start looking for information up on the District website. During the business meeting, we'll be electing next year's District officers and deciding as a District whether or not we want to move forward with splitting into two Districts. If you want to be heard, you need to be at the business meeting - and it is free.

We still need so much more to achieve our goals - more members, more new clubs; we need to keep the members and clubs we already have; and we need to continue to achieve those education and leadership awards.

Will you be there in Las Vegas with us as we walk across the stage as the Number 1 District in the World? Then we need YOU to "Elevate Your Potential" today.

Linda Ulrich, DTM

2014-2015 Founder's District Governor



Photo Courtesy of Richard Daugherty

Pan Kao, DTM
Lieutenant Governor,
Education & Training

January was a busy month for the Education & Training team. While most people were still enjoying their prolonged New Year celebrations, the Education & Training team was in full swing hosting two LACE sessions, Division / Area Governors Mid-Year Training, and Contest Training.



I want to take this opportunity to thank all the volunteers and the Education & Training team, especially, LACE Co-Chairs (Deborah Reisdorph and John Barry), Contest Co-Chairs (Mary Berg, DTM and Laura Scott), and Colette Gardner, DTM, PDG who was doing a wonderful job helping our Division and Area Governors get recharged and

rejuvenated for the second half of the year. The two LACE sessions were well attended—approximately 800 participants attended both LACE South at Chapman University and LACE North at CSU Los Angeles!

Here are what trainers and volunteers had to say about the events:

“When I walked in the door at 8:45am, I was greeted by name like a celebrity speaker – I felt special. I didn’t have to deal with any registration lines and was promptly handed my lunch ticket. I was also shown the schedule and they pointed out my class and the map on the back. Gotta love it!”



“I had a great introducer/room monitor in Daniel Midson-Short. He even emailed me ahead of time.”

“I was late getting to lunch and thought I would see a line or they would be out of food. Neither. Again, I was greeted as a celebrity.”

“Nice job to all!!!” -
-Victor Broski

“Thank you so much for providing such a beautiful event. The location was terrific and most important, you provided such a great (continued)



(cont. from previous page) environment for the attendees as well as the presenters. As a first time presenter, I felt very taken care of and was grateful for all the work I know went on behind the scenes for this to have gone so smoothly. You and your team did an amazing job!!”
-Cynthia Boccara, D.C.

“Having been to about 42 LACE sessions by now, I have to say that this one was certainly a cut above! All the sessions I attended and their presenters were top notch.”
- Gerald Fleischmann, DTM

“Kudos to all involved! I heard many compliments and very few complaints



at the room monitor table. LOTS of attendees with good room flow and the lunch lines were very quick. One of the best LACE sessions I’ve attended.”
- Lori Shapiro, DTM, Division A Governor

February and March are the contest season for Area and Division Contests. Again, Mary Berg, DTM and Laura Scott provided excellent tips and handouts in the Contest Training. Also, the contest forms are available for download at this site: <http://www.foundersdistrict.org/speech-contest-forms>.

Looking ahead, April dues renewals are just around the corner. Club Treasurers, it’s a good idea to start collecting dues now and please take advantage of paying dues online. It’s easy, convenient and accurate. Additionally, paying dues on time is one of the easiest items that you can earn for your Distinguished Club Program (DCP).

Speaking of Distinguished Club Program, one of incentives this year is to recognize educational and DCP accomplishments at the Spring District Conference which will be held on Saturday, April 25, 2015 at the Holiday Inn in La Mirada. One of the highlights is the Table Topics and International Speech Contest. It will be an exciting event you won’t want to miss. Be sure to sign up early at: www.foundersdistrict.org

Pan Kao, DTM, PhD

Lt. Governor Education & Training

lget@foundersdistrict.org



Photo Courtesy of Richard Daugherty

Siri Payakapan, DTM **Lieutenant Governor Marketing** **Marketing Update**

Paid Clubs:

220 (95% of 231 active clubs, distinguished requirement), ranking 4th of 7 in Region 10

Membership Payments:

5,290 (54% of 9,819 payments, distinguished requirement), ranking 4th of 7 in Region 10

Unpaid Renewals:

1. B3 3578028 LEAD
2. D2 2757 Brea Club
3. D2 2906589 St. Jude Toastmasters
4. D5 1600370 JLP Orators
5. E3 3401166 Panda GLA
6. E6 2741 SASSFA
7. F2 36 The Orators

Rebranding Club:

C4 2423947 from Founder's Officers to Start and Rescue

Fewer than Eight Renewals:

1. B3 Huntington Hospital
2. E3 The Talking Heads
3. E5 CAIR-LA Toastmasters
4. E5 Career Builders will be suspended
5. H1 Community Speak E-Z Toastmasters

New Clubs:

1. A2 Alliant Orators, Newport Beach 7/16/2014
2. G3 Schneider Electric - Lake Forest Toastmasters, Lake Forest 9/1/2014
3. H3 WebMetro Toastmasters, San Dimas 9/15/2014
4. A2 Alliant Achievers, Newport Beach 9/19/2014
5. G4 OC Toastmasters: Encore, Irvine 9/29/2014
6. G1 US Bank Michelson Toastmasters, Newport Beach 9/30/2014
7. A4 4361086 3030 Communicators, Costa Mesa 2/4/2015
8. G2 4421234 ThalesMasters, Irvine 2/9/2015
9. G2 4181664 Toastmasters of Laguna Beach, San Juan Capistrano 2/13/2015
10. C5 4338428 HAEA Toastmasters Club, Fountain Valley 2/19/15
11. E2 4521317 DPSS Training Academy, Norwalk 3/5/15

Suspended Clubs:

1. D6 02963891 9/30/2014 The Roastmasters
2. D6 03123514 9/30/2014 Crafty Toastmasters (Cont. on next page)

(Cont. from previous page)

3. H4 01562217 10/1/2014 LA Works Masters

Assigned Club Sponsors

1. H3 WebMetro Toastmasters: Russ Mensik and Constance-Noelle Hatley, ACS, ALB

2. A2 Alliant Orators: Lori A. Shapiro, ACS, ALB and Nancy Chavez

3. G4 OC Toastmasters: Encore: Cayleen Portillo and Linda Goy

4. G3 Schneider Electric - Lake Forest Toastmasters: Dave A. Cornelius, DTM and Joe Larosa, CTM

5. A2 Alliant Achievers: Cynthia Boccara, CC, CL and Charlotte Jayne Drake, ACG, CL

6. G1 US Bank Michelson Toastmasters: Jocelyn Litiatco and Marshall W. Northcott, ACG, CL

7. A4 4361086 3030 Communicators: Arnie Lynn Catamisan Bengo and Jeanne Cassidy, DTM

8. G2 4421234 ThalesMasters 2/9/2015 Linda D. Robinson, ACB, ALB and Stephanie Jane Buchanan, CC

9. G2 4181664 Toastmasters of Laguna Beach 2/13/15 Gwen Earle, DTM and Linda D. Robinson, ACB, ALB

10. E2 DPSS Training Academy 3/5/15 Amy Jaffke, ACS, ALB and Chris Collins

Assigned Club Mentors

1. H3 WebMetro Toastmasters: Douglas A. Bowers, ACG, ALB and Tri Phung, CC, CL

2. A2 Alliant Orators: Charlotte Jayne Drake, ACG, CL and Cynthia Boccara, CC, CL

3. G4 OC Toastmasters: Encore: Tom D. Sheltraw, CC

4. G3 Schneider Electric - Lake Forest

Toastmasters: Jerry D. Bryant, CC and Marilou A. Aguinaldo

5. A2 Alliant Achievers: Dan L. Streit, ACB, CL and Craig W. Batley, ACB, CL

6. G1 US Bank Michelson Toastmasters: Kian Bolori, ACB, ALB and Robert D. Swineford, ACB

7. E2 DPSS Training Academy Edward Sumcad, CC, CL and David Palafox, CC, CL.

Assigned Club Coaches

1. Club 3773 Westwood Speakers: Vicky L. Schroeder, CC, ALB and Jessica Moreno 8/1/14

2. Club 1182876 Speak and Lead: Sawarnjit Singh, ACG, CL and Robert D. Lee 12/8/14

3. Club 1049068 HDR Pasadena: Daniel Bruce Parks, ACS, ALB and Meline Ovsan Talarian, ACG, ALB 01/16/15

4. Club 2387 Covina Breakfast Club: Karen Baumgartner, ACG, ALB 2/3/15

5. Club 835704 Speaking of Glory Club: Aaron Nakamura, ACB, ALB 2/6/2015

6. Club 2423947 Founder's Officers Club: Stephanie L. Hotchkin, CC and Della Mahone, ACG, ALB 2/19/15

Incentive Awards:

★ **New clubs** Clubs chartering between October 1, 2014 and March 31, 2015 will be awarded at the District Spring Conference, either (the club's choice) a portable lectern, a customized banner, or a \$100 gift certificate*.

★ **New clubs** Clubs chartering between November 1, 2014 and March 31, 2015 will be entered into a drawing for three free tickets to the District Spring Conference. Therefore, three club presidents will get to attend the Conference for free.

★ **New Members** Clubs adding 4 or 8 new

members between January 1 and March 31, 2015 will be awarded a \$25 or a \$50 gift certificate*, respectively, at the District Spring Conference. The Club that adds the most new members will receive one free ticket to the District Spring Conference. Also, Area and Division Governors with the most new members will receive one free ticket to the District Spring Conference.

★ **Open House, SpeechCraft or Youth Leadership Program** If your club conducts an Open House, SpeechCraft or Youth Leadership program during between November 1, 2014 and March 31, 2015 you will have to submit a copy of club's flyer, a photo of the event, and guest sign-up sheet to ligiaimolina@gmail.com by April 7, 2015, to qualify. Each club that qualifies will be awarded a \$10 gift certificate*. Also, the first three clubs to respond to this offer will be awarded one free ticket per club to the District Spring Conference.

[CLICK HERE](#) to see all Founder's District Marketing incentive awards awaiting you!

Note: *All gift certificates awarded are redeemable only at World Headquarters. Many items are available for purchase for clubs, including manuals and recognition awards. [CLICK HERE](#) to see all products.

Toastmasters International "Talk Up Toastmasters"

Add five new, dual or reinstated members to your roster between February 1 and March 31, 2015 to receive a special "Talk up Toastmasters" ribbon to display on your club's banner. In addition to the ribbon, qualifying clubs earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue, and is not valid with any other offer.)

Upcoming Events

Spring Marketing Workshop, March 7th: 8:30AM – 3PM at the Santa Anita Church in Arcadia. Open to all members. [CLICK HERE](#) to RSVP. 101 have RSVP'd so far. They will participate in our four fabulous training sessions:

★ *Unbreakable Rules of Marketing* by Cathey Armillas, DTM, PDG

★ *How to Speak Outside Toastmasters for Fun, Profit and Club Building* by 2001 World Champion of Public Speaking Darren LaCroix, CSP

★ *Club Coach* by Lauren Kelly, DTM, PID, PDG

★ *Club Mentor* by Region 10 Advisor, Joan Lewis, DTM, PDG

Spring Retention Workshop, March 21st: 8:30AM – 12PM at The Phoenix Club, 60 leaders (division governors, area governors and club officers) from Divisions B, F, G, and H will be invited to collaborate retention scenarios and solutions based on five retention options:

★ *Creative Meetings* by Colette Gardner, DTM, PDG

★ *Club Coach* by Lou Ann Frederick, DTM, PDG

★ *Speechcraft* by John Angiolillo, DTM, PDG

★ *Adopt A Club* by Dan Cossack, DTM

★ *Clubs Best Practices* by Jack Schmidt, DTM

For additional information, please contact Siri Payakapan, DTM at LGM@FoundersDistrict.org



Thanks for the Memories

by Robert Kelleman, PRO, DTM

Hello my Fellow Toastmasters.

During the past three years it has been both an honor and a pleasure to serve in various leadership roles within Founder’s District. Now, however, my professional career is calling me back to Washington D.C.—where I lived from 2004-2012—in order to accept a new job/promotion, *Senior Brand Marketing Strategy Manager for North America.*

I will be at the Division E Speech Contest on March 14, and also hope to be back for the District’s Spring Conference on April 25.

If you need anything else please let me know as I will still be fulfilling

my Toastmasters commitments – just completing them remotely from the East Coast.

Founder’s District will always be happy memories for me because it’s where I served

as Division E Governor and District Public Relations Officer, completed my DTM, mentored several leaders, helped expand our social media marketing capabilities, and most importantly, met so many great people. Thanks for all your help during my time here – it’s been an extremely enjoyable and rewarding experience.

My fiancée Michele is also relocating with me although we’ll be back in Southern California later this year for our wedding.

FYI in August 2016 Washington DC is actually hosting Toastmasters International’s annual convention. If you come out for that, or

at any other time, please let me know and I/we can give you the VIP tour. Washington DC is amazing/beautiful/spectacular and I consider it my adopted hometown - every American should visit there at least once.

Best of luck to you and thanks again for all your support! And of course there is always Facebook, LinkedIn and Meetup. :))





Speaking of Glory PR Efforts & Open House

by *Vernon Budinger, CC*

The club ventured from the normal Open House this year and held a special event on February 12, entitled, "Using Social Media for Public Relations and Marketing." The event featured two speakers: Marion Pyle, a part-time professor at Azusa Pacific University (APU), and Lionnel Yamentou, Author, Business Consultant and IT professional. The VP-PR and club members developed an extensive



Vernon Budinger, VPPR, shows the club's social media-based PR Plan.

advertising/public relations campaign to promote the event. Since one of the main objectives of the event was to strengthen ties to APU, we designed a poster and personally delivered them to various departments at APU. Next, Facebook and Meetup invitations were set up and sent to all current members, past members, and to special groups. Special email groups for local businesses and Foothill Community realtors were also set up. Finally, a list of local businesses and groups to target with flyers was developed for the event. The event was well attended; there were about 25 guests. This is significant because most of the club meetings have between four and six members.

The two speakers were very informative and offered several strategic tips for using social media.

Vernon Budinger, Vice President of Public Relations for Speaking of Glory, presented the club's ambitious agenda for developing a digital/social media presence. He plans to work the students with APU's Communications Department to develop a social media network with the club's SEO website at the center of the network.

Marion Pyle suggested that a PR campaign based on social media should use several channels such as LinkedIn, Twitter, and Facebook. She stressed the importance of planning the campaign and asking important questions. What audience do you want to reach? What message do you want to send to the target audience? She stressed the importance of posting information regularly—daily if possible.

Professor Marion Pyle discusses the Social Media revolution

Lionnel Yamentou talked more about the practicalities of a social media effort. For instance, he said that Twitter was good for short notices, reinforcing a message or introducing a larger announcement on the organization's website. Lionnel also gave tips for using the other types of social media.

In summary, the Speaking of Glory Open House event was successful and provided many new benefits. The Human Resources department of APU liked the event and decided to start announcing the club to current APU staff and new employees. Our photography/video initiative paid off and we have several videos and pictures to use on our website and on our various social media channels.



Lionnel Yamentou gives excellent tips on social media during his presentation.



3030 Communicators Toastmasters Club

*By Dinah Sapunarich,
VP Membership*

On February 4, 2015, the Working Wardrobes' 3030 Communicators

Toastmasters Club officially chartered. Jeanne Cassidy, Working Wardrobes' Senior Project Manager, spearheaded the effort and was supported by the organization's CEO and Founder, Jerri Rosen. Jeanne's passion for the value of Toastmasters and her experience as a DTM enabled her to quickly engage 28 Working Wardrobes staffers to create the company club, 3030 Communicators.

Working Wardrobes is an Orange County based non-profit organization dedicated to empowering men, women, veterans and young adults overcoming difficult challenges to confidently enter the workforce and achieve success by providing career training, job placement assistance and professional wardrobes services in an environment of dignity and respect. In 2015, Working Wardrobes is proudly celebrating 25 years of helping over 80,000 individuals say, "I got the job!"

The members of 3030 Communicators are excited about the professional development opportunities that Toastmasters provides, including:

- Improving communication skills;
- Deepening of relationships with co-workers to foster trust and respect;
- Helping to overcoming the fear of public speaking!

The members of 3030 Communicators strive to improve as public speakers and professionals to more effectively engage the community about the powerful and impactful work being done at Working Wardrobes every single day.

Jeanne showed her leadership skills by offering guidance to members as they learned the ins-and-outs of a typical club meeting, the duties of each role and how to meet the expectations while having a lot of fun! With each meeting, the members grow more confident in fulfilling each role, finding opportunities for professional growth and learning from each other.

In fact, evaluations proved to be not only a vital component to facilitate improvement, but the most favorite part of the meetings. Within a short time, seven officers were elected and trained. It is the goal of 3030 Communicators to achieve Distinguished club status within its first five months!

3030 Communicators meets every Wednesday morning rain or shine from 8-9 am. They are looking forward to their official Charter Ceremony on Wednesday, March 25, 2015 at 8 am.

The author of this article is Dinah Sapunarich – VP, Membership; Career Development Trainer for Working Wardrobes. Dinah has been with Working Wardrobes for almost 5 years. She has over 20 years experience in Talent Development. She's Canadian born to Italian immigrants and grew up in New Jersey. Although she and her family love Southern California, they look forward to returning east one day to be closer to family.



A Journey Where No Toastmaster Polysh'd Speaker Has Gone Before...

By Carla E.J. Torrence, ACS, ALB

I thought this year as 2014-15 President of Polysh'd Speakers was going to go by quickly and I would just follow in the "easy" steps outlined by the "smooth" path created by what the previous Presidents paved out for me. However, I was wrong. I found out this term would be totally different and more challenging for me in more ways than one. Polysh'd Speakers would embark on a journey where no Polysh'd Speaker had gone before! We were being contacted by more than three different colleges/departments on the campus of Cal Poly Pomona (CPP) with an invitation to introduce Toastmasters to the student community.

In the first month of my Toastmasters' Polysh'd Speakers presidency, I immediately got a call from the Director of BroncoLEAD. BroncoLEAD nurtures leaders by developing and supporting a variety of student leadership opportunities. The Director, Oronne Nwaneri, wanted me to do a quarterly workshop for student leaders. Here is the information that was distributed for the BroncoLEAD workshop on February 5, 2015:

Polysh'd Speakers Public Speaking (Bronco LEAD 1.0) A Lunch & LEAD Workshop

Cal Poly Pomona's Toastmasters Chapter (Polysh'd Speakers) hosts this interactive workshop for our students! Students will walk away with the tools needed to successfully speak in public. They will also learn about the Toastmasters organization and how to be involved. This workshop is part of our campus' new Bronco LEAD program. Students receive credit towards a co-curricular leadership certificate. Students can sign up and receive information on our website.

From this opportunity came many more of its kind. Next I was contacted by Dr. Jean Almaraz, professor from the College of Business, who is

the faculty club advisor for NSLS – the National Society of Leadership and Success. This club has several hundred students who are active members on campus and many attend General Meetings during U-hour every other Thursday throughout the quarter. Dr. Almaraz shared:

"These students are very interested in developing their leadership skills. But I have noticed that many are very quiet and very nervous about any type of public speaking. Knowing the great results possible in the Toastmasters organization, I would like to invite a member (or group of) Polysh'd Speakers to attend one of our meeting(s) to explain the purpose and advantages of Polysh'd Speakers, and perhaps to carry out an exercise that might demonstrate to the students the type of activities that occur during the meetings and to encourage them to join."

We attended the meeting and had a great turnout. The students participated in a moc Toastmasters presentation and thoroughly enjoyed it. One last example of the Toastmasters outreach on CPP campus is the response from one of the Department Chairs, Dr. Peter Kilduff:

"Currently, we send Apparel and Merchandizing & Management (AMM) students to Toastmasters as part of their pre-internship career preparation. Some students in this class, however, say they cannot attend a meeting because of club activities or work. I was wondering whether Toastmasters would be able to send a speaker to the class once a quarter. We would be interested in exploring more ways we could get AMM students involved with Toastmasters."

"Well of course we can assist you with your request, Dr. Kilduff" was my response! We are now looking into how we can accommodate these AMM students with what will help to assist them in the completion of an excellent education because of their participation with TM Polysh'd Speakers here on the campus of CPP. This is just another example of the TM Polysh'd Speakers going on a journey no other Polysh'd Speaker has gone before – but with much enthusiasm, handshakes, and smiles along the way!

A Unique Area Contest Praxis

By Julie Johnson, ACS, ALB



I joined Toastmasters in 2010. I am a member of WildChatters - a corporate club - where all the members strive and are especially mindful of professional improvement.

After attending my first Area Speech Contest, I wondered why it did not

reflect the same professional tone my club strives to represent. I realized that all Toastmasters clubs share the same educational curriculum yet bear very different cultures. Knowing that, I understand why the Area Speech Contest was not to my personal liking.

Fast forward to today, I am now Area H4 Governor and all of the clubs in my area are corporate clubs. In order to design the format of my first area contest, I interviewed the club presidents to see what precluded them from participating in an area contest. After carefully listening to my club presidents, two prerequisites became clear in increasing the likelihood of participation:

- 1) Hold the contest at the same time the clubs meet (during the lunch hour). Most club members commute to work and they didn't have evening or weekend availability.
- 2) Keep the contest within the short time frame (none of these clubs observe a two hour lunch break).

The members spoke and I chose to listen. My Division Governor inquired about the unique details and supported my decision after hearing why our Area H4 Contest would "break the mold." So that's

exactly what I did! I stripped out any superfluous items and ran the area contest with military precision. Participation, attendance and enthusiasm were higher than I ever imagined! A well-written agenda and contest script kept the contest on time. Nothing is more embarrassing than dead air and a lack of professionalism. When people can count on a high quality, well run contest, they are happy to invest their precious time.

With the success of the fall contest behind us, I look forward to our Area H4 Spring Contest at noon on March 24, 2015 at SCE Federal Credit Union at 12701 Schabarum Avenue in Irwindale, California.

What is the secret to our success? By listening to the club presidents and members, and incorporating their suggestions, we had a successful area contest!

You Know You're A Toastmaster When...

By Nancy Ray, Lori Khadourian, Renee Banchiere, and the Watermeisters-8951

When you find yourself reciting and practicing your speech while... Driving your car, brushing your teeth, washing the dishes, standing in line at the store, walking your dog, showering....basically any time you can!

When you time the newscasters' coverage of stories.

When you notice all of your co-workers ah's, um's, so's restarts, etc.

When you notice people around you have issues connecting thoughts on the fly.

When you catch yourself saying "Thank you Mr. Toastmaster," standing up to shake hands, and you're NOT at Toastmasters.

When you use the sandwich technique when evaluating your children's efforts.

When you suddenly stop whatever you are doing because you must jot down an idea for a speech!

The Importance of Being Distinguished

By Alfred Herzing, DTM, PIP



Chances are good that you have heard a focused leader talk to you about being part of a Distinguished Club, Area, Division, or District. What does “Distinguished” mean and why should you care?

In our organization, member service is taken seriously. That is why you, the member, are at the top of our organization chart. Our clubs exist to provide a positive environment for you to develop communication and leadership skills. The district’s mission is to build clubs and make sure current clubs are meeting their members’ needs. How do we know if we are meeting these goals? Our “Distinguished” programs provide the measure.

The Distinguished Club Program (DCP) reinforces the need for clubs to bring in new members. This is important because if your club is not growing, it is dying. The DCP also ensures that our members are achieving educational goals both in speaking and leadership development. As an educational organization, it makes sense that we measure our member’s educational accomplishments. The club receives credit for submitting dues and club officer lists to Toastmasters World Headquarters (WHQ) on time. And finally, the DCP rewards officers who receive district-sponsored training. Training teaches

us to work smart. And of course, trained officers are in a much better position to serve you.

To be a Distinguished Club, your club must achieve five of 10 possible goals. If your club achieves seven out of 10 goals, it is recognized as a Select Distinguished Club. The top level of recognition is a President’s Distinguished Club, which is achieved by obtaining nine out of the 10 goals. Ask your Club President which goal he or she has set for the club. The program year ends June 30, and the club must have had a net increase of five members over the year, or end with at least 20 members to receive recognition.

In the same way, the district officer’s function is to serve you. The district officers want to ensure that your club is strong, and that you are advancing through the Toastmasters educational programs. Districts are measured on membership and club growth, and the number of educational awards. Districts must continually build new clubs because club attrition is also a fact of life. Being a member of a Distinguished, Select Distinguished, or President’s Distinguished District means that your officers have worked to ensure that the clubs in the district have met their mission of serving you, the member.

I cannot overstate the importance of integrity in this process. Integrity is one of our core values and it is imperative that all paperwork submitted to WHQ be legitimate.

To be a Distinguished leader, have a vision of what you want to achieve. Aim high to ensure that there is no chance of not being Distinguished. Communicate your goals. Because you cannot achieve Distinguished by yourself, make sure that everybody is working as a team. And finally, remember to have fun. Life is too short not to enjoy every moment!

Founder's District Photo Contest Entry Period Ends Soon!

By Richard Daugherty, DTM



The District is having a photo contest! If you're a Toastmaster in good standing of a Founder's club in good standing, you're invited to submit your photos for a chance to win trophies and

exciting prizes! But don't delay. All entries must be submitted before midnight on March 15th, so get to it!

Your goal is to somehow express, through a photograph, District Governor Linda Ulrich's theme for this year, "**Elevate Your Potential.**" Maybe you'll catch a fellow member doing something that elevates their potential. Or maybe someone is generously working to help other fellow Toastmasters elevate **their** potential. These are only two examples. Be creative!

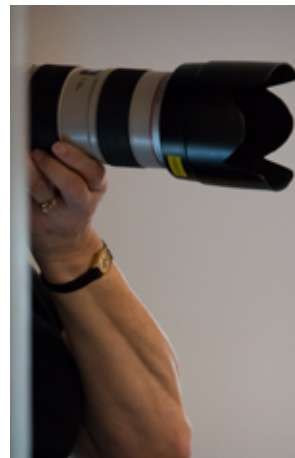
The contest is open to **everyone**. Don't feel you can't compete because you don't have the right kind of camera (cell phones are encouraged) or you haven't had enough photographic experience (amateurs have shocked the world with powerful photos). Yes, we'll be looking at how sharp your photos are and whether or not they're reasonably well-exposed. But by far the most important things to bring to the contest are your creativity and your effectiveness in expressing the theme.

A very talented panel of anonymous judges will review your photos, and the winners will be announced at the Founder's District Spring Conference on April 25, 2015. How awesome would it be to see **your** photo displayed on the big screen

as you receive your trophy and one of several awesome prizes? Please don't think you can't do it – you most definitely **can**.

To enter the contest, go to the Founder's Photography Contest web page and follow the instructions. You may enter up to four photos, and each must be submitted separately. Here's the link to the web page: www.foundersdistrict.org/public-relations/district-photography-contest.

Take some time to think about instances in your club meetings and other gatherings where you've seen your fellow Toastmasters working hard and improving themselves through our program. These



are certainly excellent sources of photos for entry into the contest. And don't pre-judge yourself. Just go with the flow and be creative. We want to see pictures of Toastmasters life as it really happens! People elevating their potential and the potential of others.

Photography, like public speaking, is a means of communication. Our goal is to emphasize this relationship and help you and others to literally see what Toastmasters can do. We want everyone to participate, to grow in their communication and leadership skills and, above all, to have **fun**. Please encourage each other to take advantage of this opportunity, and to be recognized for your efforts.

We're looking forward to seeing some fabulous images from you all. But we can't see them if you don't submit them! Hurry and get your entries in before the deadline. It's going to be fun!



L.A.C.E. Update

by Deborah Reisdorph,
ACB

Leadership and Communication Experience (LACE) in January 2015 was the best attended Founder's District training ever! Toastmasters came out in large numbers - with more

than 500 at the south Chapman University site, and approximately 250 at the north Cal State Los Angeles site. No event of this magnitude can be successful without the long, hard work of a dedicated team. With the devoted and persistent planning and execution, LACE 2015 has received rave reviews.

Providing our audience with the best presenters possible required additional coordination, planning and follow-up. Behind the scenes, planners were in frequent contact with presents to make sure that their message was timely, appropriate, and unique. LACE planners agreed that the goal in selecting presenters and topics would not only meet the ongoing officer training needs but also appeal to the broadest audience by including inspirational and cutting-edge knowledge. In Founder's District, we have many extraordinary speakers who are the most capable of bringing fresh and engaging topics to our members. Our aim was to make LACE an event that Toastmasters would not want to miss!

"The Founder's District LACE website was so helpful, with the parking info, parking passes, schedules, workshop descriptions and automatic itineraries. The close contact via email, the follow-up, and room monitors allowed us to focus on what we do... present!" - Cindy Carpenter, LACE Presenter with more than 180 attendees at her session.

After this amazing and exciting success, we are planning for an even better June LACE event!

The June LACE will have a new format that will bring fresh value to the leaders and speakers of Founder's District. In January, there were twelve or more youth and their parents who have become familiar with Toastmasters through Youth Leadership Programs. Our YLP Chair and her supportive team are passionate about taking the YLP to every school or youth organization that wants it! So we are planning LACE training for Toastmasters who want to participate in the role of being a Volunteer in a Youth Leadership Program. You won't want to miss this opportunity to give back to your community!

Additionally, LACE June 2015 will offer multiple sessions for YOUTH ages 8-18. Youth will learn speaking tips and techniques through interactive and dynamic sessions designed for their age group! This is the perfect opportunity to bring your young person to learn why Toastmasters International is the organization WHERE LEADERS ARE MADE!

Imagine our youth learning invaluable speaking skills at the age of 8 or 12! Imagine your Toastmaster clubs growing because you create the desire and anticipation for youth to join a supportive community club when they turn 18 years of age! YOU can help us spread the excitement to our youth. YOU can help us teach our youth the importance of speaking with confidence. By helping us focus on the leaders of tomorrow, YOU can help us show our youth how to competently and creatively change OUR world!



A Few Words about the Proper Word: Podium vs. Lectern

by Jack Mercica, DTM



"Step up to the Podium!"

That means literally "step up." A podium by definition requires us to "step up." If we don't, we have no justification for calling it a "podium." A "lectern" would probably

be the more suitable word at most of our club meetings. No "step-ups" are required.

An easy way to remember this is to look to the Latin derivation of the word podium. When your feet are in pain, you visit your podiatrist - "pod". So a podium requires some foot activity apart from simply walking up to a lectern. If the lectern was on a step up platform or stage you could then justify calling the combination of the two a podium.



We are Toastmasters. We can and should expect and use correct terminology even if the politicians and journalists eternally get it wrong.

Someone please, get me a Grammarian!

Are You Ready for an Advanced Club?

by Alfred Herzing, DTM, PIP

Are you one of the better speakers in your regular club? Is it difficult to get time to give Advanced Manual speeches? Would you like more in-depth evaluations? Are you looking to take your speaking to the next level? Do you speak at a professional level? Would you like to speak at a professional level? If you answered YES to any of these questions, then you should check out Club 9, Professional Speakers.

Club 9 is an advanced club which means we meet only monthly.

The club meeting format allows time for members to give longer presentations. Members also receive a higher level of evaluation. In fact, speakers get two evaluations: one for content and a second evaluation for delivery.



You don't have to be a professional speaker to join. You don't even need to have this as your goal (although some of our members do!). Some of our members speak (present) as part of their job. Hence they are speaking professionally. Some of our members are paid platform speakers. Our membership also includes a Past International President, the current Founder's District LGET and nominated 2015-2016 District Director, as well as past District International Speech and Evaluation Contest winners.

Meetings are held the 4th Monday of every month at:

Marie Callendar's
540 N. Euclid St.

Anaheim, California

It's just north of the 5 Fwy. For more

information, please contact: Alfred Herzing, DTM
(714) 325-4534

Retention Workshop

by Jenny Dang, ACS, ALS



The District Leaders are planning another Retention Workshop on Saturday, March 21, 2015 at the Phoenix Club in Anaheim. This workshop is for Toastmasters leaders in Divisions B, F, G and H. It will be open to the first 60 RSVPs and by invitation only.

Please be on the watch for this invitation coming out soon. In this Retention Workshop, a team of prominent and seasoned Toastmasters in the District will share their experience and various tools from Toastmasters to solve the membership retention challenges that are prevalent in many clubs throughout the District. We will also have a brainstorming session at the end to help you with your specific club membership retention opportunities if you want to bring it up for discussion. This will be a rewarding and valuable workshop for those leaders who want to make a difference and want to see their club and their club members succeed.

As you navigate through life, challenges and opportunities are part of the game. Be open to collaboration. Other people and other people's ideas are often better than your own. The leaders and people attending this workshop are can help and inspire you. Take the opportunity to spend some time with them and it will change your life, which in turn will change others' lives as well. Life is a challenge – meet it. Life is a dream – realize it. Life is a sacrifice – offer it. Life is love – enjoy it. --Sai Baba.

We hope you will attend the Retention Workshop on Saturday, March 21 at the Phoenix Club in Anaheim!



Jenny Dang, ACS, ALS is a Project Management Team Lead in Community Bank in Pasadena. Jenny joined Toastmasters in 2009. She has served multiple leadership roles in the club level, has founded and became the Charter President of the Union Bank Monterey Park Toastmasters Club in 2012 and was the District F and Division E's Area Governor of the Year for the 2013-2014.term. Jenny is now serving as part of the Membership Retention Program Committee for the Founder's District. Jenny is active in her home club Eclectic Dialectic Toastmasters and is also the Vice President of Education for the Montebello Toastmasters Club. While her home club in Cerritos remains strong and healthy, her Montebello Club is on the verge of extinction due to lack of new energy and membership retention. Jenny is constantly on her quest to expand her capabilities to help others see the great benefits of the Toastmasters program by reaching out, communicating and leading by example. While she works very hard to revitalize her own community club, she also helps organize the Retention Workshops for the District to put like-minded Toastmasters to work together to mitigate the membership retention problem prevailing in many clubs. She believes that if each club has enough strong and committed leaders to make the club meetings fun, friendly and safe, many will flock to join the club and stay for good. Please join the movement to put up a good show in each Toastmasters meeting and inspire others to join this movement. She can be reached by email at tmjennydang@gmail.com.

Youth Leadership Program at Irvine Ranch Water District

By Sushma Rajput ACS, ALB - Founder's District Youth Leadership Chair



Our class was scheduled early Sunday morning at 8:15 am at the Irvine Ranch Water District (IRWD) community room for eight weeks on the 2nd and 4th Sundays from

September 28, 2014 to February 8, 2015.

The YLP group included 10 students who belonged to upper elementary and middle school.

In the beginning, it was challenging for the students and adults to drag themselves out of bed early and be ready to speak at YLP on Sundays at 8.15 am! However, the dedication and interest of parents and students kept us all going. Thanks to all the parents who motivated their students and ensured they reached the class on time.

We are also proud of all our youth who were so enthusiastic and ready to participate whether it was table topics, evaluations or prepared speeches.

We connected with each other very well. In each session that we picked from the YLP workbook, we learned something new. The next session we used the skill that we learned in the previous sessions and added-on a new skill. We kept building on public speaking skills and practiced them in every session.

To give the best experience to these young leaders of tomorrow, we approached and invited experienced Founders District's Distinguished Toastmasters (DTMs) to be our guest speakers.

Thanks to Norm Stein, Frances Jordan Stein and Harry Yan for sharing the gift of Leadership and Communication with our youth!

At the end of the 8th session, when it was the "Show Time" all students were able to confidently illustrate every aspect of their acquired skills in their speech. Mission Accomplished!

Here is the group picture of six students' ages 9 to 13 who honed their listening, communication and speaking skills in Toastmasters Youth Leadership Program sponsored by Pan Pacific Toastmaster club in Irvine.

Thanks to the Pan Pacific club members Ross Johnson, DTM (President), I-Tuan Wang, ACB (VPPR) and Nadine Nofziger, DTM (member) who supported and helped the YLP to become successful.

Being the YLP coordinator was truly a rewarding experience for me! I would highly recommend this Youth Leadership Program to everyone as it can help elevate your potential!

Here are a few comments from some of the youth from the Pan Pacific Club:

"I have really enjoyed and looked forward to each and every lesson, and learned many things about how to catch the audience's attention and keep them interested. I have also become much more comfortable speaking in front of an audience."

- Daniella Tarvaran, 13 years

"The one lesson that stood out to me most was gestures. Before I had learned that gestures made a difference to one's speech, I would always put my hands down to the side, but now I feel more comfortable to raise them up and feel free."

- Arushri Girish, 13 years



"The Youth Leadership Program has been a wonderful experience for me. When I think of the speeches, table topics, and guest speakers – I know it was worth it... YLP was really fun and something to look forward to."
– Siona Rajput, 9 years

Here are the comments from some of the Parents:

"The program has really helped Arushri and I can see that she is much more confident and comfortable speaking in front of others. The small settings and close group really helped her to come out of the inhibition."
– (Parents) Girish & Bhagya

"It offered a very positive environment for the kids where they learn from each other, express themselves in front of their peers and learn to provide feedback on speeches."
– (Parent) Prerana Kulkarni

Comment from Fellow Toastmaster:

"It is truly amazing to witness the tremendous growth of these young people in merely 8 weeks. They have evolved to become confident and expressive speakers. I admire their dedication to learn and am grateful for the parents' support. YLP is truly a very beneficial program for young communicators and leaders."
– (Pan Pacific Club Member) I-Tuan Wang, ACB

What is the Youth Leadership Program? (YLP)

YLP is a program for students under 18 to develop communication and leadership skills.

YLP is an 8 session program typically held once a week or every other week, and lasts for 1 or 2 hours. They are similar to a toastmaster meeting, which includes prepared speeches, impromptu speeches, and evaluations. In the final session, family members are invited and they get to see their children perform and demonstrate their newly acquired communication and leadership skills.

It is a rewarding experience for both the students and the coordinators.

Students benefit in various ways:

- Overcome shyness
- Participate in class confidently
- Able to organize their thoughts logically
- Convey their message with ease
- Think on their feet
- Listen carefully
- Learn to evaluate and be able to give helpful advice
- Best of all make new friends and have fun.

Coordinators experience satisfaction when they see the students learn and grow, become better speakers, listeners, evaluators and leaders. Coordinators also earn credit towards the ACG or ALS award or it can be an HPL project.

You Can Be Part of Something BIG!

By Dr. Frannie Stein, DTM, and Norm Stein, DTM



How can you be part of something big? You can make a big difference in other people's lives by being on the lookout for groups in the workplace – your workplace, family member's workplace and friend's workplace, who will benefit from having their own Toastmasters club.

Beyond the workplace, what other groups come to mind whose lives can be enhanced– churches, special interest groups, non-profit organizations, government agencies and other gatherings in the community – all will benefit from the Toastmasters opportunity.

How will they benefit: members will gain confidence, they will expand their focus, as they learn to listen, speak and engage with others. These skills will advance members in their personal and career success. Among the rewards of self improvement are opportunities in career building and workplace promotion.

An often overlooked benefit of Toastmasters is the social and professional networking opportunities provided by membership.

Give the gift of group personal development in this media-proclaimed era of self-improvement. Simply e-mail the name and contact information to our Lt. Governor of Marketing, Dr. Siri Payakapan at LGM@FoundersDistrict.org

Opportunity Knocks

Mark Lucas, Division H Secretary

Richard Snyder, DTM, PDG, PID delivered a message at the February Division H Council Meeting about the responses you might have when “Opportunity Knocks”. He regaled a room of forty-five Toastmasters about his path to leadership and how it has altered the course of his life.

Both Division E Governor Chris Collins and Division H Governor Karen Baumgartner responded to Richard’s request for reasons why we answer the call to lead with “Yes!” They were among several members who shared their personal testaments to that which motivates us to “see the big top” of leadership in Toastmasters.



After Richard’s keynote, one of our club executives was inspired to step into the Assistant H3 Area Governor role for the remainder of the year. Others connected with the Division H Governor to inquire about leadership opportunities beyond the club environment.

Richard joined Toastmasters in July 1991. During the 2000-2001 term he served as District 12 Governor and was proud to lead a motivated team to Distinguished status # 17 in the world. Since serving as District Governor, Richard has continued to serve in a number of District Chair positions including four times as new club chair and has helped start over forty Toastmasters clubs to date. At the 2007 International Convention Richard was elected to serve a two year term on Toastmasters International’s Board of Directors. His term on the Board concluded in August of 2009 at the International Convention in Connecticut.

Richard returned to school in 2010 for a Masters Degree in Education specializing in Special Education and began a new chapter in his life in August 2012 as a teacher of special education in high school working with students with autism after teaching English as a Second Language to adults for 18 years. He has also been teaching composition as an adjunct Professor at DeVry University since March 2010.

In addition to family, teaching, and Toastmasters, Richard enjoys traveling, sports, classical literature, movies, and music, especially big band music of the 1930’s and 1940’s. Richard lives in Rancho Cucamonga with his wife Saira (pronounced Sigh ra), who is an accountant and tax specialist for H & R Block, and their two children, Robert and Sarah.

Richard is a past President of Past District Governors club 407 in Fullerton and is currently serving as the club’s VP of Education. In addition to club 407, Richard continues to serve in his home District, District 12 and is currently serving as Past District Governor Liaison Chair and as an Assistant Area Governor.

Are You on Track? Checking In With Your Educational Goals

By Lorraine Casas CC, CL



During these trying times of low membership, it's so inspiring to witness our club members achieve their Toastmaster educational goals. We are a small but mighty club of over-achievers. This past year has produced almost half

our members achieving their educational goals and a few who are on the brink of achieving their goals.

To see this kind of dedication inspires me each week. Having members who are focused on improving themselves who are dedicated to growing and gaining knowledge motivates me to improve myself. Although there will always be room for improvement, there is nothing more reassuring than to witness an individual grow into a confident speaker. It is my hope that other club members are as inspired to attain their educational goals, not just for the club but for their personal growth and self-improvement.

I look forward to submitting more applications for educational awards between now and the end of June. I hope you are found, with manuals in hand, progressing towards your education goals. We have four months to go! My question to you: "Are you on track?"



Speaker Exchange Program

By Bill Fisher, ACG



First I want to acknowledge the fine work that Gerald Fleischmann put into the Speaker Exchange Program while he was the Chair and for keeping up with the Speaker Exchange Program while I was busy with personal business at home. I've had a late start but here is what the program is all about.

How Do I Take Part in the Exchange?

Founders District Speaker Exchange Program coordinates speaking opportunities for you to speak at clubs other than your own with opportunities for your club to request "guest" Toastmasters to come and speak at their meetings. Energize your club with an outside speaker today.

Enable yourself to give speeches at other clubs today. E-mail your Speaker Exchange Chair - Bill Fisher, ACG at: afishersr@gmail.com - and get started today: Once all your correct data is in, we'll e-mail you with all your potential "matches" - hopefully, one or more.

Note: As your facilitators, we don't make any matches; we just set up the process for members and clubs. You (two) get to take it from there. We would really like to hear how any matches work out though! Please let us know.

You can go to the Founder's District Website to learn more about the program:

<http://www.foundersdistrict.org/education/speaker-exchange-program>

Valentine's Day Founder Challenge Member Stories



Valentine's Day is as much about passion as it is about love. Eight years into our friendship, Mark walked into a Caltech Performing and Visual Arts production in cargo shorts, his right calf adorned with Buzz Aldrin's iconic photo on the moon. I couldn't understand why anyone would commit such an indelible image to their skin! We had vastly different initial experience with space exploration.

At 7 years old, my first NASA-related memory was witnessing the Challenger Disaster on live television. The "first teacher in space" Christa McAuliffe hailed from my maternal family's town in Concord, NH. Afterwards, I kept my eyes fixed on terra firma.

Mark's first (and still most prominent) passion - humanity's exploration of the cosmos - was permanently cast when he was also 7 years old. He watched with the world as Neil Armstrong stepped off of the Apollo LEM and onto the lunar surface, stating those immortal words, "That's one small step for man, one giant leap for mankind."

Although his less-than stellar eyesight had grounded him from a future donning a snazzy white suit, he's still quite the space enthusiast! Endeavor's

last mission landed squarely in Los Angeles. Since the shuttle's arrival, Mark shares his passion with thousands of museum guests.

And how has his first love changed me? Nowadays, I tend to look up more often, more hopeful. "We are a way for the universe to know itself. Some part of our being knows this is where we came from. We long to return. And we can, because the cosmos is also within us. We're made of star stuff," Carl Sagan once explained. I invite you to join us on Yuri's Night under the shuttle on April 12, 2015 with groups from Virgin Galactic,

CALTECH, NASA Jet Propulsion Laboratory, SpaceX, The Planetary Society, and many others celebrating Yuri Gargarin, the first human to journey into space.

As we set our sights on Mars - a planet exclusively populated by robots - we can't help but reflect on our own humanity and the implications such a feat would bring.

What about today? Today is as much about passion as it is about love. Today also marks the 25th anniversary of the Pale Blue Dot photograph taken by Voyager 1 from ~6 billion kilometers away. And, as with any other day, if/when Mark opts to regale me with another story from among the stars, I smile.



Regardless of the overture, I hear in his voice the same characteristic as clearly as a thousand times before: genuine happiness. -Karen Baumgartner, ACG, ALB

Valentine's Day Challenge (Continued)

I took the Founder's District Valentine's Day Challenge and my wife, who puts up with all my silly shenanigans, skipped our annual Valentine's Day at Disneyland to celebrate a surprise birthday weekend with family and friends.

These plans were in motion months ago, so I was forced to create cute Cupid conversations throughout the three-day event to make Barbara feel super special.

Stealing her away from the group for a quick kiss around the corner and saying sweet sentiments in her ear during dinner while everyone was engaged in other conversation was entertaining and exhilarating.

We both quickly saw the fun in this game of sharing simple sentences to show our love and affection while hiding in plain sight.

It was, and still is, more than just saying, "I love you" louder on February 14 than any other day. Tiny and easy action such rubbing her neck and shoulders and offering the genuine compliment, "You're having a really good hair day" is completed in less than 60 seconds and better than "50 Shades of Gray."

This Founder's District Valentine's Day Challenge has revealed a new style of communication: Messages of Love in Less than a Minute.

-Michael Varma, DTM



Gwen Earle Achieves DTM

By John Barry, DTM

Gwen Earle was recently honored for achieving the highest education level in Toastmasters International, a public speaking and leadership organization.

Gwen was awarded Distinguished Toastmaster at a ceremony held on February 5, 2015 at the Coastmasters Toastmasters Club in Dana Point where she has been a member since 2008.



Gwen is the 2012 recipient of the Terry McCann Award for exemplary leadership in the community. The award is named after Terry McCann, a gold medal Greco Roman Olympic wrestler who was a member of the Coastmasters Club for many years and was the Executive Director of Toastmasters International.

At the Coastmasters Club, Gwen has served as President, Vice President of Membership and Secretary. In South Orange County, she was honored

as the Area and Division Governor of the Year by leading over 25 local clubs to exceptional results in the Toastmasters educational program. Currently she is serving as Secretary for Founder's District which manages over 200 Toastmasters clubs and about 3,500 members in Southern California.

As all Toastmasters know, the Distinguished Toastmaster award is extremely difficult to achieve. Candidates must give over 40 speeches from various Toastmaster manuals, serve as an officer both in

the Club and Founder's District, sponsor and/or mentor new clubs and, organize a public service leadership project in the local community. It typically takes years to achieve.

"Gwen is a remarkable lady and a talented leader," said CW Gruenig, current president of the Coastmasters Club. "She is an inspiration to all of us in the club and we are extremely proud of her. Becoming a Distinguished Toastmaster is a rare achievement."

Gwen administers the dispute resolution program for the Better Business Bureau in Orange County. At the Orange County Bar Association, she is an associate member of the alternative dispute resolution section. She and her husband have been Dana Point residents for 15 years.

The Coastmasters club meets on Thursday mornings at 7am in the O.C. Sailing and Events Center in Dana Point. Visit www.coastmasters.org to learn more.

Mark your calendars NOW for the Spring Conference ! April 25, 2015



2015 FOUNDER'S DISTRICT SPRING CONFERENCE



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

KEYNOTE SPEAKER

Barbara Khozam, A.S.

Zap Negativity and *Ignite Your Life,*
Your Results

C&L and Hall of Fame Lunch

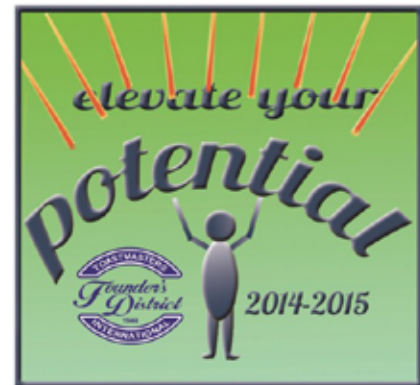
*Leadership with
a Personal Touch*

-by Ede Ferrari-D'Angelo, DTM, ID

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Int'l Speech Contest Table Topics Contest



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

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*Mark your calendar NOW for the Spring
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