

DECEMBER 2016



# The Founder

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WHERE LEADERS ARE MADE



Founder's District  
**Leader-Messages**

Review of the Fall  
**CONFERENCE**

News from the  
**Divisions**

CLUB  
ANNIVERSARIES

Conference  
**WINNERS**

New Educational Plan:  
*Pathways*

**...and MORE!**

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

**Marie Hulett, DTM**  
**Editor in Chief of The Founder**

*In Memory of Barbara Collins*

The holiday season usually inspires me to write something very cheery for our newsletter; but this year, my Toastmaster club/Family, Watermeisters, #8951, lost a truly wonderful member. This loss has caused me to pause and reflect on the holidays and the people I care about in a completely different manner than I am accustomed. Losing a friend changes one's perspective rather quickly.

Barbara Collins had been a member of Watermeisters since 1999 and came to every meeting with a smile, great humor, and a Boston accent that charmed everyone! A number of years ago, she had been diagnosed with cancer, but it didn't slow her down. She continued working at the Orange County Sanitation District, taking part in community activities, and regularly attending Toastmaster meetings. She gave speeches and participated in Table Topics, and recently began a concerted effort to complete her DTM.

In October, Barbara gave a very moving speech where she examined her own life and regrets. She had realized that she had often afforded her coworkers and professional contacts with the greatest amount of patience and kindness, but often gave the people who mattered most to her—her family—much less than what “strangers” were receiving. She attributed the disparity to fatigue after a long day in the office; but realized that the people who deserved



*Long time Watermeister Member, Barbara Collins, lost her battle to cancer in November of this year.*

the most patience and kindness were family and she cautioned us all to remember that, lest we may someday feel the same regrets. She wistfully wished out loud for a do-over, knowing full well that wasn't going to happen. I don't think there was a dry eye in the room after Barbara finished; but she had made her point loud and clear. Give your loved ones the very best part of yourself.

Barbara attended one more meeting after this speech. She was in a melancholy mood on that day and we spoke for a short time after the meeting had concluded. She explained that her most recent round of tests with her oncologist revealed that her cancer, which had been under control for some time, was coming back with a vengeance. That was the last time I saw her.

The church where her funeral was held was filled to capacity with friends, family, and coworkers—all people that Barbara had touched during her life. I believe Barbara had been too hard on herself during her last speech. Unless you give love, you will not have such an amazing display of love come back to you. She was a remarkable woman and she will be missed.



In our last issue, Lori Shapiro found “Founder” hiding on page 21, with Siri, and on Page 37, with the Smedley club. He is hiding again in this issue and the first person who correctly determines where he is will win a \$25 gift certificate to the Toastmaster Store! Email me at [mhulett@coastline.edu](mailto:mhulett@coastline.edu) to let me know **BOTH** of his hiding spots and you may be one of the readers who **WINS!**





WHERE LEADERS ARE MADE

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Roy D. Graham award winner: Area D-3 Director, Scott Friedman with District Director, Siri Payakapan

## Toastmasters International Mission

We empower individuals to become more effective communicators and leaders.

[www.toastmasters.org](http://www.toastmasters.org)

## Founder's District Mission

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

[www.foundersdistrict.org](http://www.foundersdistrict.org)

The information in this newsletter is for the sole use of Toastmasters members for Toastmasters business only. It is not to be used for solicitation and distribution of non-Toastmasters materials or information.

← EXPAND YOUR HORIZONS →

TOASTMASTERS  
Founder's District  
INTERNATIONAL  
1944



Photo Courtesy of Richard Daugherty

## **Siri Payakapan, DTM, Ph.D.**

### ***District Director***

#### ***Share Your Success Stories***

By saying “yes” to speaking or leadership opportunity, you give yourself a chance to stretch and grow, expanding your horizon while inspiring others.

**Program Quality Director - South, Dan Cossack, DTM**, our tech guru, said “yes” to multiple District leadership roles, including District Web Master, Public Relations Officer, and Club Growth Director. He expanded his personal and professional strengths and developed new skills while inspiring others. Dan was named Founder’s District Toastmaster of the Year. He was also named Helen “Homer” Award recipient for his Extraordinary Service Leadership emulating the enduring, groundbreaking, innovative, and legacy-building spirit of Toastmaster International’s first female member. This year, he has developed—<http://my.foundersdistrict.org> which allows all Founder’s District members only to track your own accomplishments and to see what’s going on in the District.

To **Program Quality Director - North Karen Lucas, DTM, QS**, “if you want to learn how

to empower individuals, how to show them the best versions of themselves, and how to build a team of people, then Club Coach is the role for you!” Karen views her role as a club coach for a struggling club as one of her most rewarding experience as a leader in Toastmasters. As Covina Breakfast Club’s Coach, she assisted members in achieving recognition as a Presidents Distinguished Club. This year, Karen has developed ‘Reach for the Stars Incentive Program’, to reward members and clubs for more than educational achievements but also for active involvement in the Toastmasters Program.

When **Club Growth Director- South- Diana Dee, DTM**, was serving as a club vice president membership, her eight club members were contemplating dissolving the club and joining other clubs. Once the club decided to grow more members, Diana found out about Meetup and started a Meetup site for her club. Her club now has over 20 members and has achieved President’s Distinguished two years in a row. Diana credits “The Core club members, working together as a team, saved her club - Speak, Lead, Succeed Toastmasters.”

**Club Growth Director- North- Chris Collins, DTM**, who has instilled in his high school students the value of education for decades, set his goal to achieve Distinguished Toastmaster (DTM) and succeeded. He continues to expand his horizon by “pursuing the Qualified Speaker designation, allowing him to personally reap the benefits of the Toastmaster’s Program.” In his role as the Founder’s District Club Growth Director - North, Chris is excited to share his success story with others!

There are many success stories among our 4,500+ members. The District has recognized six of our members (read more about their accomplishments in separate articles on this Newsletter and Founders District website) who have expanded their horizons and in turn, inspired us.





**Gene Beckwith Award:**  
Ede Ferrari  
D'Angelo, DTM,  
PDG, PID



**Spirit of Excellence Award:**  
Michael Alexander,  
DTM, Ph.D.



David Moore, ACS,  
ALB



Chad Araki, CC,  
ALB



Norm Cook, DTM,  
PDG



Linda Robinson,  
DTM

As for our Reach for the Stars Program, our commendable toastmaster couple—**Raymond McCullough,**

**DTM,** and **Darlene McCullough, DTM,**—have collected 21 and 17 stars, respectively, for their active participation in Toastmasters programs.

At club level, we have champion clubs—**Possibilities Unlimited Club 7368** and **Surf City Speak 'N' Lead Club 3676736**—for having all 100% club officers trained, 6 DCP goals achieved, and maintaining 26 and 22 members, respectively.

Congratulations to **Division I Director, Lori Shapiro, DTM,** for all of her incredible I Area Directors who submitted 100% of their area visit reports by November 15, 2016 :

- Area I-1 Director, Kathleen Hughes ACS, ALB
- Area I-2 Director Ashley Chau, CC, CL
- Area I-3 Director, Paul Hollands CC, ALB
- Area I-4 Director, Michael Felsted ACS, ALB
- Area I-5 Director Claudia Kabot, ACG, ALB

Each one of us has someone who have directly or indirectly contributed to our success stories, whether it's encouragement, guidance, motivation, or prodding behind the scenes. Our success stories,—how Toastmasters expanded our horizons—are keys that connect the benefits of Toastmasters to potential members.

Let's celebrate your success stories. No matter where you are on your Toastmaster journey, you can make the most of what Toastmasters can offer to you.

***Share your success stories!***



**Diana Dee, DTM, Ph.D.**  
**Club Growth Director, South**

### ***Beyond the Club***

People join Toastmasters for a variety of reasons. A member might join to improve his public speaking, to improve her leadership skills, or even to become more proficient at social skills.

The club provides a safe learning environment in which it is okay to fail. Zig Ziglar said: “Anything worth doing, is worth doing poorly. Until you learn to do it well.”

The “container” – the club – has a boundary that might be thought of (pardon the physics analogy) as an “event horizon.” Most members do not see past this “horizon.”

Perhaps you think of your club as a “cocoon” in which you are safe. Your club members support you in your self-improvement quest. You are quite comfortable in this cocoon.

However, there is Toastmaster life outside your

club. There are other clubs that have different “personalities” from that of your club. Your Vice President of Education might arrange a speaker / evaluator exchange with another club that meets at the same or at a similar time. You might even contact a club on your own and ask if it can contact you if one of their speakers or evaluators cancels. If you take advantage of such an opportunity, you will learn more about Toastmasters, and you will have a chance to network with other Toastmaster members.

The District schedules events other than club meetings. Such events include LACE training (coming in January), area and division speech contests (coming in March and April), club officer phone conferences (coming in January and February), and the District Conference (coming in April). Each of these events gives you an opportunity for self-enrichment of some kind.

Some activities outside your club will not only enable your personal growth but also allow you to add value to others. Helping a struggling club by being a club coach or by participating with your club in adopting another club will bring you the joy of improving the Toastmasters experience for other people. Participating in starting a new club by

providing a club lead or by championing the creation of a club at your workplace will give you the satisfaction and excitement of bringing the Toastmasters self-improvement opportunity to more people.

Once you are comfortable in your club’s cocoon, venture outside the club’s event horizon. The events beyond the club will provide opportunities to expand your personal horizons.





**Michelle Bender,**  
**DTM**  
*Public Relations Manager*  
**PR Update**

October was a busy month. I spent many hours updating the Hall of Fame and Conference

Program within a short deadline. Thanks to Munjen Ng for designing the cover artwork and to Parsons for printing the Conference Programs.

It was great to see a large turnout at the Conference. I was happy to recognize the winners of the PR Awards (see separate article). We plan to have the contests again in the spring, so think about participating. You can't win if you don't try! Thanks to Mel Flores and Jennifer Kwan who took the time to take photographs at the contest and upload them to a photo sharing site. Our videographers were there to video the contestants in both the Humorous and Evaluation contests. I was inspired by both events, and by our excellent keynote speakers.

Our video team continues to meet monthly to create new videos for our Founders TV site. Thank you to Ceara Crawford, Chris Gregory, Jon Hartowicz, Greg Stevenson, and Lourdes Ortiz. Also to Dan Cossack, Michael Varma, and Steve Itzkowitz. They make a great team!

Our Judges Bureau provides community service organizations with well-trained, impartial, and professional quality judges for their youth speech contests. Trey Stroud has joined our PR Team as Judges Bureau – North Chair and Avis French will continue as Judges Bureau - South Chair. If you want to volunteer, please contact [community@foundersdistrict.org](mailto:community@foundersdistrict.org).

Our Speakers Bureau – South has a new marketing plan and a new location in

Huntington Beach. Thank you to Victor Broski and Lionnel Yamentou for their work on the Orange County Speakers Bureau (OCSB). The Speakers Bureau – North under Carl Walsh is doing well and also making good progress with more publicity planned in the future. Congratulations to Vernon Budinger for becoming a Qualified Speaker (QS) through the ACTS Club 416.

I also want to recognize Steve Itzkowitz on his excellent articles! He really does make the events he is covering “come alive.” Thank you, Steve! You also help with Founder’s TV and many other events. I am always inspired with your level of commitment to Toastmasters.

And where would we be without Marie Hulett, Newsletter Editor in Chief and Chandra Persad, our Newsletter Editor! Each edition of the newsletter just keeps getting better.

Vernon Budinger keeps our social media sites updated. Please visit our website and other social media sites to keep current on what's going on in the District. Please also reach out to the PR team if you would like assistance in publicizing your upcoming events. Remember, there are lots of resources on Toastmasters International. See the website and watch the two-minute video: <http://www.toastmasters.org/Resources/Logos-Images-and-Templates>

There are some great templates for clubs, including agendas, name tents, e-mail banners, newsletters and even business cards for officers. Take advantage of the many resources provided on-line. If your club would like to promote their Open House, please check out this great flyer: <http://www.toastmasters.org/Resources/Open-House-Flier>. You can customize and distribute.

Please be sure to send us pictures of your club special events! You may post to our Facebook page: <https://www.facebook.com/founderstoastmasters>.

## Robotics and Remarkable Results Mark the Founder's District 2016 Fall Conference



By Steve Itzkowitz, CC, CL

It was bound to happen. The members that attended the 2016 Founder's District Fall Conference at the Sheraton

Hotel in Cerritos, CA were bound to feel full and satisfied once the festivities were completed. No, it wasn't the chicken marsala, caesar salad, vegetable lasagna, steamed vegetables, bread, tiramisu, chocolate-covered strawberries and cookies that filled attendees up, although that didn't hurt. Rather, it was all the wonderful benefits of Toastmasters the attendees were reminded of and all the nuggets of wisdom they received from the keynote speaker of the day, Craig Valentine, as well as the Communication and Leadership award recipient, USC roboticist, Maja Mataric, Ph.D.

In regard to the keynote speech provided by Craig, the first thing that was very apparent about him is how keenly he understands how to be an effective leader, which was a great discussion point for Toastmaster members who are well aware that Toastmasters is where leaders are made. He discussed the differences between average leaders and great leaders with this nugget of wisdom being the one that tied that part of his address together:

*Average leaders place blame. Above average leaders take it. They also share credit and take blame.*

There were all sorts of other nuggets, but what he stated above is really the crux of how effective leaders work. It's one of the primary benefits of being involved in Toastmasters leadership at any level because the more responsibility you take and the more credit you share, the more opportunities you will have to grow in and out of Toastmasters. Craig even threw in some sales training in which he mentioned that when it comes to selling, which every leader has to do, the key to success in that is knowing what to do and what not to do.

*Never sell a product. Only sell the results.*

Apply that to selling Toastmasters to a prospective member in the following scenarios:

Scenario #1: "Toastmasters offers opportunities to its members to give prepared speeches, impromptu speeches as well as evaluations and to be evaluated by other members as part of his or her development as a public speaker and leader."



As one can see, that scenario is rich in describing some of the features of being in Toastmasters. However, no results were offered as part of describing those features.

Scenario #2: "Involvement in Toastmasters is going to dramatically improve your public speaking and leadership skills to the point where you'll develop prepared speaking,



impromptu speaking and evaluation skills that will lead to furthering your career no matter what it is, which will have a positive impact on your lifestyle and the lives of the people in your life.”

As Craig said, never sell the product. Only sell the results. Of all the nuggets of wisdom to take away from Craig’s keynote address and the after-lunch workshop he conducted as well, below is the main one that every Toastmaster should take to heart as part of becoming the most impactful public speaker and leader they can be:

*Craft a story and make a point.*

The story is how the speaker is going to initially connect with the audience. The point the speaker makes about the story is what the audience can take with them and apply to their daily lives. That’s the crux of effective public speaking that was very simply put by Craig in a way that was easy for each attendee to understand and run with right away. He also discussed the importance of developing a foundational phrase of 10 words or less in order to be crystal clear as to what the message is the speaker wants the audience to heed to their own benefit. That’s because, as Craig put it so eloquently:

*No phrase. No stage.*

Of course, a lot of the success Toastmasters have in anything they do is a direct result of the company Toastmasters keep. There was an anecdote that Craig gave during his keynote presentation that highlighted this crucial element of success and that he summed up in three simple words:

*Find your Steve.*

In the anecdote Craig gave, a man named Steve was the encourager for another person as that person was pursuing something worthwhile.

In the end, we all learned from Craig what being a leader means, how to give an effective speech in terms of storytelling that comes with a point, the importance of creating a foundational phrase, how to sell and who to surround ourselves with as we build our legacies in and out of Toastmasters.

In terms of Maja’s presentation on robotics, she addressed a concern that every human being has in regards to robots being used more and more to do the work that sometimes human beings aren’t interested in doing, particularly

from the standpoint of physical work. It points out that human beings have gotten much too reliant on technology, especially as a means of communicating with others. As such, she is working on a major undertaking of developing socially-assistive robotics. Believe it or not, these are robots that will help human beings who



are a little uncomfortable communicating with others in more traditional ways become more comfortable in terms of traditional interpersonal and public communication.

As Maja put it, “If we aren’t social beyond a screen, we’re dead.” She even provided startling statistics on strokes in which she pointed out there are about 800,000 strokes per day. She predicted those numbers will double in the next 5 years because of how increasingly sedentary we are becoming in society in which we spend the majority of the day in front of screens whether sitting in front of a computer at work, at home, at Starbucks, or constantly looking at our smartphones for the latest updates on our friends’ lives, checking email or looking for information on something of interest like sports, business or politics.

What these 2 critical aspects of the 2016 Founder’s District Fall Conference point to is the best reason to join and get fully involved in all aspects of Toastmasters from attending club meetings to attending district events and everything in between. That’s because members are constantly being trained and reminded of how much of an edge they are gaining by committing themselves to Toastmasters through the non-stop nuggets of wisdom they gain and can apply to their lives no matter what event they may attend. At the end of the day, every Toastmasters event is time well spent because there’s is always plenty of new nuggets of wisdom to learn and even more to be excited about.

On to the 2017 Founder’s District Spring Conference, which will take place April 21-22, 2017 at the Sheraton Hotel in Cerritos. It’s going to be a must-attend for all Founder’s District members as well as members of the new Century District.



**Linda Robinson,  
DTM Receives  
Founder's  
District Spirit  
of Excellence  
Award at Fall  
Conference**

*by Frances Jordan Stein, DTM, PhD*

This is the story of a fellow Toastmaster, who gives much and receives more. This is the story of a fellow Toastmaster, surrounded by the friendships from many collaborative efforts. This is the story of a fellow Toastmaster who stepped out of club comfort, into District activity where she has donated time, focus, team leading, and creative strategizing, to build people and projects.

As a result, she found that her own energy and confidence increased. She credits her fellow Toastmasters, for the rewards, the fun and the skills she has developed through their work together.

But wait! There's more! In one calendar year, 2014/2015, Linda served as Area G 2 President's Distinguished Governor, she sponsored two new clubs, (Toastmasters of Laguna Beach Club and Wine on Wednesdays Club,) she attended all DEC (District Executive Committee) meetings and completed a year-long High Performance Leadership Project. It was a fundraiser, Alzheimer's neurological research to study the benefits of physical exercise through dance activity, in delaying the onset of Alzheimer's disease. Linda achieved all three of these leadership challenges in one year.

Linda's Alzheimer fundraiser led to producing a Presidential Ball,

with USA Dance, a charitable and educational organization supporting the health benefits of dance. Linda delights in recalling the part of the ball devoted to "a dollar a dance" with celebrity Louie Van Amstel, ballroom dance champion on television's Dancing with the Stars.

But wait, there's more . . . on the heels of completing her year of multiple Toastmasters District leadership activity, Linda accepted the project management task of producing Founder's District Fall and Spring Conference at Knott's Berry Farm Hotel. Both events had record breaking attendance and received praise for the 2015/2016 conference success.

Linda says the job of conference chair opened her eyes to her limitations. She learned to approach the job of conference chair as "a party you organize, look ahead, anticipate what could go wrong, and support everyone in handling their own section." She credits District leader's mentoring for her success.

Linda lists her many Toastmaster friends who have moved her forward in the process of leading teams, working together to get things done, and having fun collaborating.

This year, the rewards of teamwork for Linda are serving as Division G Secretary/Administrative Manager, helping Division G's Director Team of Cliff Shimizu, Ann Shimizu, and Raymond McCullough. Linda describes it as "getting charged by the fun and joy of helping each other." This defines Linda Robinson's Spirit of Excellence!



## Gene Beckwith Awarded to Ede Ferrari D'Angelo

by Ray Brooks, DTM, PID

At the 2016 Fall Conference at Sheraton Cerritos Hotel, Founder's District Director Siri Payakapan, DTM, presented Ede Ferrari D'Angelo, DTM, PDG, PID, with the prestigious Gene Beckwith Award. Ede most recently served her fellow Toastmasters throughout the world as a member of the Board of Directors from 2014-2016. During her two years on the Board of Directors there were some major decisions regarding the future of our amazing organization. Ede was part of this decision process. Ede also served successfully as District Governor leading Founder's District to Distinguished status. Ede was also selected to



serve as a Region 10 Advisor assisting Districts in membership and club building over a 16 month period.

Ede has proven herself as a leader at the District, Region, and International levels and deserves to be honored by the Gene Beckwith Award from Founder's District. She continues to lend her leadership experience in helping dozens of leaders throughout the District learn how to become a better leader.

After receiving much encouragement from other Toastmasters leaders, Ede has decided that she can continue to contribute her leadership experience with the belief that she can make a difference by becoming an International Officer. Therefore, she has recently declared her

candidacy for the office of Second Vice-President of Toastmasters International. As Jonas Salk, who discovered a cure for the dreaded disease polio, said "The reward for work well done is the opportunity to do more," and Ede would like the opportunity to do more for Toastmasters everywhere.

Her vision for our future is to continue to grow the Toastmasters strategic plan by promoting the following five leadership initiatives:

1. Fostering deeper relationships between Toastmasters and corporations, to the extent that our leadership development program becomes their desired training program.
2. Supporting the members as they work the new Pathways program.
3. Growing our organization to 500,000 members.
4. Establishing our legal position and protecting our non-profit status in countries outside of the United States.
5. Ensuring that our members are served better today than yesterday, better tomorrow than today.

The Toastmasters Core Values of Integrity, Respect, Service and Excellence have always been her guide. In addition, she is considered the Toastmaster who has the "personal touch" to mentor current members, and to reach out to those who have yet to benefit from the Toastmasters program.

Conference attendees gave Ede a standing ovation as she was making her way to the stage, celebrating this special honor with her.

### **Note:**

#### **Gene Beckwith Award**

*Through the generosity of Dr. Tom Kuramata and the members of Westwinds Club #2436, the Gene Beckwith Memorial Trophy was established at the Founder's District Fall Conference in 1981. Either annually or semi-annually, Founder's District Director selects the Toastmaster who best exemplifies the humor, wisdom and leadership qualities of Gene Beckwith, DTM, PDG. The first recipient of this award was Roy D. Graham, DTM, PID.*

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MICHELLE KING  
SUPERINTENDENT OF SCHOOLS

Dear Potential Academic Decathlon Volunteers,

The Los Angeles Unified School District Academic Decathlon 2017 will once again be a two-day event. One of the main reasons that our students perform at such high levels is the help that you and other volunteers give. We invite you to assist with the competition that involves the best and brightest students as well as having produced the State and National champions on so many occasions. We need your help on one or both of the following dates:

**SATURDAY, JANUARY 28, 2017**

*Time: 7:30 AM to 4:30 PM*  
*Events: Speech, Interview, Essay*  
*Site: Roybal Learning Center*  
*1200 W. Colton Street*  
*Los Angeles, CA 90026*

**SATURDAY, FEBRUARY 4, 2017**

*Time: 7:30 AM to 6 PM*  
*Events: Objective Tests/Super Quiz*  
*Site: Roybal Learning Center*  
*1200 W. Colton Street*  
*Los Angeles, CA 90026*

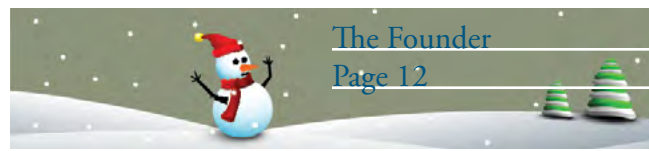
Please review the volunteer information enclosed, complete the application provided, and then return it to Cliff Ker. *Feel free to make copies and invite your friends to join you* in this wonderful opportunity to interact with some of the most remarkable students in the Nation. Additional volunteer applications are available at [www.acadecala.net](http://www.acadecala.net). In mid-January 2017, you will receive information regarding your specific assignment(s) via e-mail. Persons who don't have e-mail addresses will receive their information via US Mail. If you don't hear back from us, please plan to go to the training on your assigned day(s) as we accept all volunteers. Many of the documents that you will see as part of the training are available at [www.academicdecathlon.org](http://www.academicdecathlon.org) under Forms and Information. Then search in the Information section for the documents relevant to your chosen assignment(s).

Thank you for your help with the Academic Decathlon. Please call me at 213.241.3503 or e-mail me at [cliff.ker@lausd.net](mailto:cliff.ker@lausd.net) if you have any questions. Please retain a copy of the entire application for your records.

I look forward to see you on January 28 and/or February 4, 2017.

Sincerely,

Cliff Ker  
Coordinator, Academic Events





## Founder's District Community Relations Committee Judges Bureau

Are you a trained Toastmasters judge? Would you like to share your talent within the community as well as within Toastmasters? Would you like to help young people gain valuable speaking experience? Then the Founders District Community Relations Committee Judges Bureau has opportunities for you to spread your wings.

The purpose of the Founder's District Community Relations Committee Judges Bureau is to provide community service organizations and educational institutions with well-trained, impartial, and professional quality judges for their youth speech contests. The judges sent by the Bureau have been well trained in the organization's contest rules and judging criteria and give fair and unbiased scores based on those rules. When the results of the contest are read, the contestants, contest organizers, and audience are certain that the winners were well-deserved and best represent their organization.

Examples of community contests:

- Academic Decathlon (3-level event for high school students)
- National Management Association Speech Contest (4-level event for high school students)
- Lions Club Speech Contest (5-level event for high school students)
- Future Business Leaders of America (for high school and college students academic events)
- National Society of Black Engineers

Contests can be conducted as early as a 7:00 AM breakfast meeting, a noon luncheon meeting, a 6:30 PM dinner meeting, or even a Sunday brunch. Contests are held all over Orange County, Los Angeles County, Riverside County, and the Inland Empire.

If you are a trained judge or if you are a Toastmaster interested in community activities, we invite you to join the Judges Bureau and contribute to the visibility of Toastmasters within your community. If you are interested or would like to know more about what we do, contact me.

To see a list of community events currently seeking judges, go to the Founders District Website <http://www.foundersdistrict.org/>, go to Public Relations and click on [Judges Bureau](#).

**Avis French, Judges Bureau Committee Chair,**  
949-667-0682  
[community@foundersdistrict.org](mailto:community@foundersdistrict.org)



## Electric Dialectic Refuses To Fade Away; Celebrates 35th Anniversary

By Dan E. Nino

Toastmasters don't die or fade away. They just resurface again. That's what had taken place during the recent 35th anniversary celebration of Toastmasters Eclectic Dialectic Club #3828 based in this lovely suburban city attended by about 40 members and guests at the Vintage Cerritos.

Founders, original and past members, dignitaries or those who either have laid low but who want to fellowship with current and active members, have attended this Toastmasters milestone. Speaker after speaker recalled their journey from shy and fearful to confident, efficient and effective communicators..

Several of the founding members who graced the occasion and delivered inspiring speeches were motivational speakers and authors Brian Tom, Frank Adamo and Ron Jung, dignitaries Cerritos City Planning Commissioner Becky Lingad, current and former ABC School Board Lynda Johnson and James Kang.

After delivering another stellar speech, Toastmasters Division E Director (Founder's District) Mark J. Lucas presented Eclectic Dialectic President Sharif Ahmed certificate of recognition for maintaining the Club's President's Distinguished Award.

Brian Tom whose vision is impaired from glaucoma, recalled the early days of Toastmasters Club #3828 when the club was growing and members had to perform all the speaking roles. He spoke about "Branding and Overcoming Adversity" despite his blindness.

"Toastmasters blessed my life and helped me overcome my blindness, helping me to become a

professional speaker known as America's Visionary Speakers." Thereafter, Mr. Tom appeared on television, authored three books, and currently is the CEO of three companies: California Educational Centers (CECtutoring.com), Blind Start of America (BLINDSTART).org), and Xtreme Promos (XPromos.com). The audience rejoiced when he revealed his new role as a proud father to his three-week-old baby girl named Leilani Joy Tom with wife and former Toastmaster

member, Dr. Jennifer Padre, now a pharmacist at UCLA-Santa Monica Medical Center.

The main speaker of the evening Josephine Lee, an award-winning public speaker, mesmerized the audience when she narrated her journey

about finding her niche in the real world after graduating from college in Communications (USC), from ballet dancer to a leading marketing entrepreneur. "I was quite tomboyish while growing up so my mom wanted me to be a ballet dancer."

Ms. Lee operated a dance retail store in Irvine, California and opened a travelling pointe shoe fitting called the Pointe Shop offering professional fittings inside ballet studios. She made history by placing 3rd in the World Championship of Public Speaking and became the first Korean-American woman to place in the final stage.

Original member Becky Lingad also briefly recalled how she was intimidated at first but overcame her shyness and climbed up the corporate ladder and spoke like a towering figure with big men and women in her working place. She also divulged that she encouraged Frank Adamo to join Toastmasters Club to minimize





filler words like “Aah, Hmm and You Know” as well as former Artesia Mayor and current Councilman Tony Lima who has evolved as articulate speaker.

Past club president and audiologist Stu Horn, now a Distinguished Toastmaster (DTM) revealed his transformation from a quiet person to a go-getter but overcame his speaking fears also enthralled the audience with his witty and humorous-laden speech.

Presided by past president Suguro Kitahara, all the speakers spoke extemporaneously. They must have adhered to the time-honored club mission “to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.”

Right after the meeting, Lynda Johnson e-mailed this writer who invited her. She said, “Thank you Dan for inviting me and Joel. We found it very inspiring and appreciated that everyone was so welcoming and friendly.”



### News from Division H

*Jack Mercica, DTM*

*Division H Director*

Our November Division H Council meeting will focus on the theme of “Lessons Learned.” All of my Area Directors are first time District Officers. They

have never been responsible for staging an Area Contest. As result, there were many lessons to be learned.

Although all five Area Directors successfully staged their contests with two contestants from each Area eligible to compete in the Division contest, there were many “lessons to be learned.” It would

be foolish not to capitalize on this learning experience.

Some of the challenges and areas of opportunities we faced for various activities and events included:

#### Speech Contests:

- Where to find free venues?
- Where to get food donations?
- Where to get Opportunity Drawing donations?
- How best to recruit volunteers?
- How many judges is it prudent to secure?
- How to reduce flyer and program printing costs?
- How to add some flair to your contests?

#### Club visits:

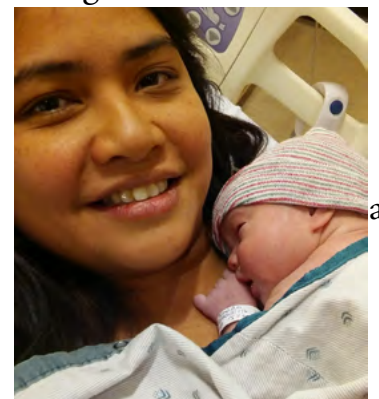
- Best way to schedule a club visit
- Best way to complete the report and submit your reports
- How to be of help to your clubs that are struggling

#### Training Club Officers:

- What is the best way to motivate club officers to go through the training twice a year.

It is when we take the time to look back and learn that we ensure our greater successes in the months to come.

In other news, Imelda Flores gave birth to a healthy baby girl on Friday 12/2 at 3:22 pm PST. Her name is Armelle Andrea. Mel (Imelda) is the Area H 4 Director. She had difficult last month of pregnancy with fears and concerns. Ultimately, labor was induced a few weeks before her expected due date.



Mel’s comments were:

“This is surely a toastmaster baby. T.I. was what made me enjoy my pregnancy a lot more despite the medical complications we had to face.”

One day soon I am sure that Mel will be giving a very inspirational speech regarding this joyous event, just in time for Christmas. Please join me in wishing Mel well and giving thanks for the miracle of a healthy birth.



## How to Decide on Speech Topics

by Eve Cappello,  
DTM, Ph.D.

What on earth am I going to talk about? It seems I've exhausted everything I know, so what's left? If this goes through your mind the moment you see you are scheduled to give a talk, you are not alone.

What is surprising is you have an unlimited amount of material you haven't even begun to tap. Here are some things to think about if you think you have run out of ideas.

Things you like. These can be anything from foods to books to travel and Toastmasters. Talk about your favorite restaurant. What makes it so special? Share a favorite recipe and bring along some specific spices or ingredients you can share with your audience. The possibilities are endless.

About books, there are lessons to be learned and adventures to explore. What touches you can in turn touch and encourage others to read the book. You can create an entire talk about what you like about your favorite author and why. What are you passionate about? What are your hobbies and interests away from work?

Perhaps there are particular places that excite you. Think about a recent trip and share the details and a vivid description with the audience. Interesting places you visit are an excellent source of topics.

Every day you have experiences, some good, some not so good, but all potential subjects for a speech. Think about how you can dramatize what you have experienced. Add a quote or a joke to make it interesting and use gestures to dramatize your points.

What about the time you joined Toastmasters? What motivated you to join? What was your

experience like? Who was your mentor? And what have you gained so far? What do you hope to accomplish? This can be an endless source of material for a talk.

Is there a challenge you are facing? You can talk about your plan for a resolution. Others might be facing the same challenge.

Have you seen a great movie or play? Heard something of interest on the news? Or did you read an interesting article in a magazine or newspaper? Have you bought a new item? Learning to use a new iPad, iPhone or laptop? If so, share your experiences.

You get the idea. The sources are endless. Instead of panic or worrying about what you don't know, look at what you do know. Draw on your knowledge and be creative. Then act confidently and deliver. You will surprise yourself and your listeners.

*Editor's Note: This is a reprint of a previous article that Dr. Eve Cappello wrote. She was an accomplished speaker, trainer, and speech coach.*

Dr. Eve Cappello, DTM was a member of ACTS Club. She recently passed away. We will miss her wonderful energy and enthusiasm, her renditions on the keyboard at the holiday events, and her friendship. She always gave us her honest opinion and loved to laugh and have fun. She will be greatly missed!





## PR Awards

by Michelle Bender, DTM, PRM

### Diamond Web

**1st Place** - Harry Yan-Irvine Lunchtime Club  
\$100 Toastmaster Gift Certificate  
<https://sites.google.com/site/tmclub219/home>



**2nd Place** - Chuong Kha - Friendly Club  
\$50 Toastmaster Gift Certificate  
<http://554.toastmastersclubs.org>

### Founder's Film

**1st Place** - Chris Lieber - OCCN Speakers



\$100 Toastmaster Gift Certificate  
Forum [https://www.youtube.com/watch?v=gGkMK01z\\_hQ&feature=youtu.be](https://www.youtube.com/watch?v=gGkMK01z_hQ&feature=youtu.be)

**2nd Place** - Bill Stafford - Pasadena Center  
Speakers  
\$50 Toastmaster Gift Certificate  
<https://www.youtube.com/watch?v=hUUB4FID3s0>

### Social Media Awards

**1st Place** - Jennifer Kwan - Communicators  
Club  
\$100 Toastmaster Gift Certificate



Thank you to everyone who participated and congratulations to our award winners.

We will be offering the Diamond Web, Founder's Film and Social Media awards again in the spring. The deadline for submissions is March 15, 2017.

To learn more about the PR awards, check out Founder's District website, Public Relations page:  
<http://www.foundersdistrict.org/resources/public-relations>



# Founder's District

*Please visit us online!*



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<https://plus.google.com/+FoundersDistrict>



<http://www.foundersdistrict.tv/>





## **Spirit of Excellence Awarded to Norman Cook, DTM, by Ligia I. Molina, DTM**

Norm Cook joined Toastmasters in 1984 at a Rockwell International club in Downey. Soon he also joined a community club in Downey. Past International President John Latin DTM, was his mentor in both clubs.

While working on aerospace programs such as the Space Shuttle, International Space Station, Galileo, and other experimental vehicles, his newfound speaking and leadership skills were of value professionally, giving him the confidence to speak, lead and inspire.

The year Founder's District split with District 12, Norm accepted to serve as E7 Area Governor, giving him the opportunity to practice leadership skills while helping members reach their Toastmasters goals. Norm helped to start two new clubs as well.

Norm considers the highlight of his Toastmasters years when he served as District Public Relations Officer and Division C Governor. This position gave him the opportunity to mentor five outstanding individuals that served as his Area Governors.

Although a great leader in Toastmasters, his speaking skills advanced and he has competed in many speech contests. He says, "Competing gives you a truer picture of your progress while encouraging you to prepare your utmost best." As a contestant, Norm has reached District level and won second place in the Humorous Contests. He will continue to compete until he gets it right, that is winning first place.

He has served Founder's District in many capacities, at Club, Area, Division and District levels, Public Relations, new club sponsor and mentor. He served on a panel discussion at an International Convention. Norm ran

for International Director. He has served as District 52 Parliamentarian. He has served on Founder's District Leadership (Nominating Committee) and the Reformation (Split Committee). Norm volunteered to be a Pathways Ambassador for the new Toastmasters Educational System.

A loyal club member, attending weekly club meetings at the Communicators Club 6245 in Orange County, where he has served as an officer in every capacity, including club President.

Recently, the club celebrated their 30th Toastmasters Anniversary, with a Gala Open House.

Norm is amazed when someone reminds him of a speech or leadership action he did years ago. He is humbly reminded of the impact his mentorship has had on the club members. With his many years as a Toastmaster and serving the club members, his life is richer and more successful because of his generous service. For his dedication, mentoring, loyalty and generous service to the club members, Founder's District recognized Norman Cook, DTM with the "Spirit of Excellence" award.





**David Moore  
Honored with Spirit  
of Excellence Award  
By Lou Ann Frederick,  
DTM, PDG**

David Moore, ACS, ALB is a 2016 recipient of the Spirit of Excellence award joining several other notable speakers and leaders in Founder's District. David joined Toastmasters 11 years ago at his company, BBraun Medical in Irvine. A technical person by discipline, it was clear to him he could use some improvement with his communication skills. His smart boss recommended he look into it!

A charter member of this group, he was the standard bearer for the club for the entire first decade. Although the club got off to a strong start, by the third year things were waning. David never gave up and his strong sense of purpose and example finally brought the club back to prominence and President's distinguished status the past 5 years.

While he was doing this, he achieved the communication skills he sought and went even further to take home first place trophies at the District in both the Humorous and in the Tall Tales speech contests.

Although David truly enjoys competitive speaking, he took off two years to serve on the leadership track beyond the club. In 2014 he served as an Area Governor in Division F and followed it up the next year as the Division F Director. Both years he led his clubs and Areas to high performance and achieved President's Distinguished status for Division F.

In addition to being an Area Governor and Division Director, he has served in other District roles and he has been absolutely

tireless in mentoring new members, individual contest competitors, helping to establish new clubs, personally mentoring two of those new clubs, and fulfilling all of his administrative responsibilities as a District leader. He now belongs to two clubs, BBraun Toastmasters and Second Stage, an advanced club also in Irvine. He is close to completing his Distinguished Toastmaster award. He provides an exceptional example to others by working in his manuals, delivering well prepared speeches and taking on duties he sees unfilled.

David truly exemplifies the Spirit of Excellence!





## ***Spirit of Excellence Awarded to Chad Araki, CC, ALB***

***by Ligia I. Molina, DTM***

Chad Araki CC, ALB, describes Toastmasters as the force that has helped influence his life in terms of being able to gain the confidence needed to speak and lead at Toastmasters clubs and in his professional role as real estate agent in San Marino.

His skills in leadership and communications have enabled him to organize and speak at the Real Estate Association Breakfast Meetings. He hosts the Real Estate Lunch and Learn Educational Meetings. Chad serves on the Multiple Listing Service Committee and is a member of the Youth Professional Network. All of these professional activities have become possible for Chad, due to the self-confidence he has achieved in Toastmasters.

Chad joined Toastmasters in 2012, becoming enthusiastically involved as a club officer at the San Gabriel Speech Masters Club # 1861341 in Area E1. Since then, he has served tirelessly in every capacity as an officer, including twice as club President. With his leadership skills and motivation to promote the club members, his services include planning Open Houses, organizing contests at club, Area, and Division levels, and being a featured guest speaker. He continues to enjoy mentoring and coaching his fellow Toastmasters.

Considering his loyalty and enthusiasm for Toastmasters, Chad was asked to serve as Area Governor, which he performed with great success. Although suffering from health issues and surgeries, he continued to serve while mentoring and coaching.

Chad was asked to serve as Area Governor for another term. With great generosity, he served another year, guiding and motivating the Area and fully participating in the Division leadership. Chad has found the support to achieve his goals through fellow Toastmasters members and resources from Toastmasters International.

Chad is making a difference in the lives of the club members with his dedication and enthusiasm. For his generous commitment to serve Toastmasters and the club members, Founder's District awards Chad Araki with the "Spirit of Excellence" award.

Congratulations, Chad!



# 92nd Smedley Chapter Anniversary Embodies the Power of Toastmasters

by Steve Itzkowitz, CC, CL



For There was something in the air at the Smedley Chapter 1 92nd anniversary party that was held at first at the original YMCA in Santa Ana where Ralph Smedley started Toastmasters and then the Orange County Fire Authority in Irvine where the club holds its regular meetings.

It was a picture-taking festival at first with attendees standing on the steps at the courthouse near the

YMCA posing in the red, white and blue cowboy hats that Smedley Chapter 1 is known for.

Then, the group headed over to the Orange County Fire Authority in Irvine, where the crux of the event would talk place.

In terms of that something in the air surrounding the event, it was a buffet of inspiration and information to go along with a buffet of food that each and every attendee of the event would fill themselves up on as if it was Thanksgiving Day. There would ultimately be plenty to be thankful for each attendee of this momentous event.

In terms of the food, they had catered bbq and Mexican food along with all-American selections like hot dogs and hamburgers. However, that proved to be the appetizer to the main course that was marked by an outstanding lineup of

speakers who imparted wisdom and inspiration that can last a lifetime.

Founder's District Director, Siri Payakapan DTM, inspired the audience with her story about how she pushed passed her layers of fear in terms of public speaking and leadership by expanding her horizons. That's because she believes that life is a process of expanding, growing and facing one's fears, pushing through anxiety and coming out as a stronger, more confident human being. Expanding one's horizons is the very philosophy that Siri is employing in her tenure as District Director.

The keynote speaker was Toastmasters International Director, Michael Osur DTM, in which his talk emphasized leadership through service, which is a trademark of Toastmasters. That's certainly something Michael embodies as International Director. The takeaway from his talk is that people tend to grow themselves and their friendships to make a much bigger difference together, especially when we each step out of our respective comfort zones to do so. It was a perfect keynote address with a message that was aligned to Siri's message about expanding one's horizons.

Then, there were featured speakers that all brought content that is immediately applicable to any Toastmaster that wants to become a better public speaker as well as a successful entrepreneur. The first one was Winn Claybaugh, who is an entrepreneur, in which he explained the 3 elements that will always be present in the workplace, which are as follows:

1. Do I feel safe?
2. Do I feel I belong?
3. Do I feel my contributions are important?

These are elements that Toastmasters epitomize with each meeting and each event and which are directly translatable to one's workplace, especially if one is a leader in his or her workplace. It was



each Toastmaster in attendance was more than happy to heed to help their clubs and their workplaces be more successful.

The next featured speaker was Nadine Lajoie, who delivered a message similar to Siri's in that she spoke of overcoming fear and how to do that as well as how to prepare a TedX talk. She stressed the importance of getting in touch with one's authenticity and making sure the audience gets the lesson and value of the story that they can apply to their own lives. As a former actuarial scientist, motorcycle race winner and current speech coach, she certainly lives this philosophy each day.

Next was Norma T. Hollis, who was a mentor to Nadine, and who explained her philosophy that can be summed up with the following acronym: R.A.P.I.D.S.

R stands for real message (authenticity)

A stands for audience

P stands for presentation

I stands for income, which teaches professional speakers to ask a buyer what their budget is in terms of a product or service they may be interested in purchasing and negotiating based on that

D stands for distribution, which is all about marketing

S stands for system that Norma explains is how professional speakers can build their careers and record what progress they are making

George Cassar was the last featured speaker. He is a Dale Carnegie instructor in which he presented the 5 drivers of success, which are as follows:

1. Self-confidence
2. Strengthening relationships
3. Listening
4. Enhancing communication
5. Reduce stress and worry

With all the outstanding content that each attendee received during the Smedley

Anniversary party, one would think that each attendee spent thousands of dollars just to attend as they certainly received thousands of dollars worth of valuable information from some of the best professional public speakers out there.

Each attendee paid \$0 to attend and left feeling like a million bucks and satisfied.

The event was a real credit to the energy, passion and creativity of Smedley Chapter 1 Club President, Peter Wang, and his club members, who championed the event to assemble an incredible program and food buffet for the attendees. In the process, the club also championed the power of Toastmasters and the vision of Ralph Smedley and left each attendee wanting more.

Here's to the vision of Ralph Smedley and to the spirit of the Smedley Chapter 1 Toastmasters club in conveying it to the highest level possible during a very successful 92nd anniversary party.

Happy anniversary!

Smedley's  
92nd Anniversary  
@ YMCA / OCFA  
California, USA

Oct. 22nd, 2016  
A PILGRIMAGE DAY  
of Toastmasters  
BACK TO THE FUTURE

Michael Osur DTM  
International Director  
Keynote Address

Siri Payakapan DTM  
Founder's District  
Director  
Opening Address  
"Expand Your Horizons"

Josephine Lee  
Master of Ceremony  
Founder's District Champ  
World Champ 3rd Place

Peter Wang DTM  
President  
Smedley Chapter One  
Host of Anniversary

## District Speech Contest Winners



Evaluations Contest Winners: 1st place: Ed Smith; 2nd place: Trey Stroud; 3rd Place: Marie Hulett



Humorous Speeches Contest Winners: 1st Place: Don Le; 2nd place: David Moore; 3rd Place: Bob Hollis



## Club Growth Workshop Photos (Held at National University on November 12, 2016)



Karen Lucas presents.



Glen Yasukochi and Mary Berg participate.



Charley Patton presents.



Chris Collins (right) with Cindy Liebeck (middle) and Jennie Stahler (left) take notes.



## Division C Stands Strong!

*by Randy Kleinman,  
ACS, ALB*

### *Division C Director*

Division C has had an eventful few months so far this year.

It started with a Demo Meeting for a new club to be launched in Cameroon, in Africa. We filmed the meeting so that the prospective members in Cameroon could see a real live Toastmasters meeting in action! The meeting was partly done in French. Later, the club later successfully chartered. Donald Baliaba, the force behind formation of this club, is already working on forming another club – this time closer to home.

Division C had 89% per cent of officers trained in the fall, much higher than any other Division. Kudos to all the officers who went to LACE and to makeup training.



Division C made a profit with its Area and Division Contests in the fall, and therefore sits flush with a healthy bank account. Division C plans to use that money to fund Division meetings to enhance club excellence.

As often happens, Division C contestants were strong in contests this fall, with one Division C contestant finishing in the top three in the District final for the Evaluation Contest.

Division C Area Directors are as strong a group as can possibly be found, with almost all Area Director Visit Reports already submitted to Toastmasters International well in advance of the deadline.

Division C has submitted quite a few leads to senior District officers for handling, and is hopeful that the District will be able to convert them into numerous clubs.

Division C, along with Divisions A and D, hosted the first DEC meeting taking place this year, and it was a great success with the Garden Grove Community Center turning out to be an excellent locale for the meeting. Congratulations to Division A Director Jeff Lee for originally suggesting that location.

Chris Gregory, DTM a member of three clubs in Division C, started

the year as a Senior Advisor to the Division C Director. However, given that he is putting in many hours each week to help Division clubs, he has been named Assistant Division Director, where he will serve alongside the other Assistant Division Director, Marie Hulett.



## Toastmasters Pathways Learning Experience

Toastmasters is reaching out to all members and offering new Pathways to learn communication and leadership. This exciting new educational program has been under development since 2010 and will begin its rollout in 2017 with a gradual flow throughout the world.

The modernized learning experience is the result of years of planning and expertise by a large team, including the Board of Directors, World Headquarters staff, and member volunteers. The program's wide-ranging benefits include:

- Customized learning tailored to personal and professional goals
- Early and frequent recognition of accomplishments
- Mobile access to educational materials
- Expanded video and digital content

Progress in Toastmasters learning is a journey of self-development. Pathways will help you to reach your potential. The program is moving away from familiar manuals to educational projects that match individual interests to satisfy a wider range of international communication and leadership. When members begin the new program, two options from ten available Pathways may be chosen. Current members can easily move to Pathways, or will have up to two years to reach goals from the current Toastmasters program. However the new Pathways are truly attractive and inviting.

Take a look at them now and begin choosing which ones will serve you best. If after making a selection you decide it is not a good fit, you may opt to change Pathways without losing earned credits. These are the ten Pathways offered: 1. Motivational Strategies, 2. Presentation Mastery, 3. Leadership Development, 4. Innovative Planning, 5. Visionary Communication, 6. Strategic Relationships, 7. Dynamic Leadership, 8. Persuasive Influence, 9. Effective Coaching, 10. Team Collaboration.

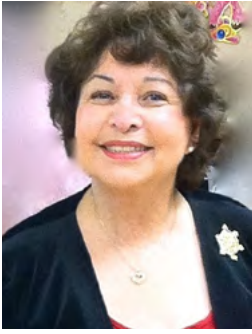
There will be early and frequent recognition of accomplishments to encourage members to reach more goals and work on more Pathways. As for the club meetings – the heart of our Toastmasters experience – they will remain the same with speeches, evaluations, and Table Topics.

An innovative approach that has been incorporated into Pathways is an online learning element with cutting-edge content and interactive tools. There will even be online clubs, but these will have special requirements for ease of access. Since the accomplishments are changing, the requirements for the new DTM will also be changed. They will be:

- Complete two learning paths
- Serve as a club officer for 12 months
- Serve as a club coach or mentor
- Serve as a club sponsor or conduct a Speechcraft or Youth Leadership Program
- Serve as a district officer for one year
- Complete the capstone DTM project.

The following are Founder's District ambassadors who are available to answer questions: Michael Alexander, DTM, Christine Brady, ACB, CL, Vicky Brennan, CC, ALB, Vijay Chidambaram, DTM, Chris Collins, DTM, Norman Cook, DTM, Robert Gazley, CC, Virginia Hanagami, ACG, ALB, Tim Hollenbeck, ACS, CL, Wes Hoover, DTM, Brian Hsu, DTM, Kathy Hughes, ACS, ALB, Randy Kleinman, ACS, ALB, Jeffrey Lee, ACB, ALB, Mark Lucas, ACB, ALB, Jack Mercica, DTM, Jack Nichols, DTM, Sandra Printer, DTM, Linda Robinson, ACS, ALS, Lori Shapiro, DTM, Cliff Shimizu, ACS, CL, Trey Stroud, ACS, and Lyle Weideman, DTM.

More information on Pathways is found at: [www.toastmasters.org/Pathways](http://www.toastmasters.org/Pathways). There you will find three choices regarding what information is available. Everyone is encouraged to begin opening new doors for accomplishments, worldwide communication, and leadership. Reach for creative ways to Expand Your Horizons.



## Michael Alexander receives the Founder's District Spirit of Excellence Award

By Ligia I. Molina, DTM

Michael Alexander has been a Toastmaster for over 25 years. He holds a PhD in Economics and a DTM from Toastmasters. He is an ACTS Toastmasters Club 416 member and a Qualified Speaker.

Michael began his career as a Toastmasters at the Midway Toastmasters in St Paul, Minnesota, where intellectual exercise and discipline were the basics for his development. It was all about learning and meeting challenges. He served his club in every position as an Officer and President.

In California, Michael's expertise was of tremendous value at his new club Edison Loquacious, serving as an Officer and President. As a member of Edison Loquacious, he taught the Youth Leadership Program. Michael has participated as a contestant, he has organized contests, and promoted the mentoring program. He helped to charter, advise and coach the Panda Toastmasters club.

He became the First Area Governor of the Year for Division H in 2006-2007.

Michael is creative and as an officer and trainer, he developed his own training methods, which he has passed on to the new Program Quality Director North.

Michael has excelled as a Judge, serving clubs, Areas and Divisions. He has served twice as a District Chief Judge.

As a gifted evaluator, his contribution to club

member's growth is to be commended. His mentoring skills have been recognized by the members of his clubs.

Michael is a true renaissance man, with a background in theater, storytelling, juggling and fire-eating. He has published articles on energy policy, tax policy, evolution, and the lives of medieval saints. He has been an expert witness in well over 150 proceedings before the California and Minnesota Public Utility Commission.

Michael is an accomplished, award winning public speaker, coach, and trainer. He joined ACTS Toastmasters #416 in Division B, as he is interested in progressing from amateur to professional public speaking.

Of his long Toastmaster service, Michael states, "The real reward is helping others get better-helping solve their problems and seeing their progress."

For his accomplishments and years of loyal, creative and dedicated service to the Toastmasters club member, Founder's District has recognized Michael Alexander with the "Spirit of Excellence" Award at the DEC Meeting on August 31, 2016. We congratulate Michael on this well-deserved award!





## **There is HOPE and Do Not Lose FAITH**

### **by the Speaking of Glory Club**

George Chakiris said, “No matter how dark the moment, love and hope are always possible.

This is the story of Jerry Vincent, one of the participants in Speaking of Glory Speechcraft Workshop that was held from October 18 thru November 22, 2016 at Azusa Pacific University, who in his darkest moment did not give up and lose hope. The SpeechCraft Coordinator was Vernon Budinger who led the Speechcraft Workshop to achieve his Advanced Communicator Gold award. Peter Morrison, another SpeechCraft participant was always integral and played an important role in Jerry Vincent’s journey of never giving up and having faith and HOPE!

Let’s wind the clock back!

Jerry Vincent whom everyone calls Vince after losing his wife to cancer, was finally able to stabilize his life. He was financially stable, had a nice house and car. However, he noticed one day that his fingers started rolling over each other uncontrollably. When the uncontrolled movement worsened, he visited the doctor only to return with the devastating news that he had Parkinson’s Disease and the prognosis that it would slowly take over his life and that in a few years he would be bedridden.

The doctors were right about the severity of the disease but very wrong about the time it would take for him to become an invalid. He was bedridden in NINE months. He lived in pain every day. His body became weak and his muscles writhed uncontrollably in his arms and legs. He lost everything both physical and spiritual – his car, house, his body and his life as he knew it. He even lost all of his TEETH! He

became depressed and his pain was unrelenting. He was contemplating having a tracheotomy so that he could breath. Twice, he almost called for the morphine kit to end his own life. **And yes, twice he decided to keep going, to keep moving – one day at a time. That was his ultimate goal, to make it through that one day. He just wanted to make it through “Today.”**

He began writing poems and invented activities to take his mind off his condition. He began studying treatments for Parkinson’s Disease and discovered a new device from Medtronic that uses Deep Brain Stimulation to force the body to deliver dopamine to the nervous system. He and his friend badgered and harassed his doctor until the doctor relented and approved the surgery for him. He moved to Pomona to be closer to the treatment center and underwent three operations on three successive days to install the wires and devices in his brain that would hook him up to the mechanical device to regulate his body. The treatment was successful. He was given a second chance at life. Immediately after the treatment he had an epiphany. He realized that he had almost killed himself twice for no reason. **FOR NO REASON, HE ALMOST KILLED HIMSELF TWICE.**

**It was then that he realized that he was given his greatest gift – the realization that we are always alive – we always have a chance AS LONG AS WE HAVE HOPE!!!! He has learned to live his life one step at a time – and even though he was still homeless, he felt that he had a new life. He decided to spread this message – he wanted to tell as many people as possible that HOPE is the key.**

His first step on this journey was to walk with his backpack from the full length of California, from Mexican border to the border with Oregon. It was through this journey that he began to realize that God was working in his life. He was camping in Big Sur when the

ranger came up to his tent, opened the flap and told him that he had visitors from India. He did not believe this at first – visitors from India? A family in India had seen his story in the news and decided to travel to California to talk to him about his treatment. Somehow, they had tracked him down after they got to the US and finally found him at Big Sur. They had many long conversations. On the following day, he found a note on his tent with a drawing.

He began to live his dreams. One of the goals on his bucket list was to visit Pebble Beach Golf Course – one of the most famous golf courses in the world. He did not golf, he just wanted to visit it. As he entered the 17-mile Drive, he started looking for ways to enter the course area. After he had walked for about two miles, he found a hole in the fence and spent the night under the stars on the 13th green, listening to the waves crashing from the ocean onto the rocky beach alongside the course.

God has saved him from disaster many times over. He was resting up at a campground in Oregon. He thought that he had pitched his tent on high ground and that he was safe from flooding. However, that night a torrential rain began. He woke up to the sound of a train – sort of a Chug Chug Chug. He opened the tent and saw that he was surrounded by water – two creeks on either side of his tent were flooding. He quickly jumped out of the tent and realized that he would have to get across the flooding creek somehow. He

threw his backpack across the creek and it barely caught a branch on the far bank. He turned around to get his tent and sleeping bag only to watch it being washed away. He was already up to his ankles in water and it was rising fast.

He had no choice but to jump and try to grab a branch on the other side of the creek. He was successful and pulled his backpack up to safety. As he was standing there soaking wet with no tent and no sleeping bag, he decided that he needed to head back to town.

The rain was unrelenting. He was completely soaked and cold. It was then that he stumbled on a brand new abandoned BMW. It still had the dealer's plates, but no windows and no wheels. That car had not been there the previous day. Luckily, it still had the back seat. He was able to use his hunting knife to cut up the back seat and make a poncho. He cut the leather wrap from the steering wheel and used it as a belt for the poncho. He was able to make it into the town and camped out in the lobby of the town's post office which was kept at a toasty 72 degrees even at night.

From here, he headed back to Southern California. He had reached near the Redwoods Park when a couple in a giant RV asked for directions. He gave them the information and they started talking. They asked him where he was going and he told them Ontario. They said they were headed there also and that they

would give him a ride. He hopped into the RV, it was one of the big luxurious RVs and he fell asleep in the couch behind the driver. When he woke up, he was looking at Mt. Shasta. He was in shock. He questioned why they had gone so far north. Their response was that they were going north to Canada, Ontario. He

then, explained that he wanted to go to city of Ontario in Southern California. As he was leaving the RV, he got a call on his cell phone – it was a doctor in Salt Lake City Utah who wanted to know if he would be willing to speak



Peter Morrison, Vernon Budinger, and Jerry "Vince" Vincent pose after recent speechcraft.

to a group in Salt Lake. Of course, he responded in the affirmative since he was already in Northern California. He never would have accepted if that couple had not taken him on a detour. Another way that God had a hand in his journey!

Wind the clock forward!

God has clearly touched his life in so many ways. He is still homeless, but he feels inspired. He feels compelled to travel and tell his story – NEVER LOSE HOPE. He wants to inspire others. He has been invited to Thailand to tell his story and to inspire others – there is hope and do not lose FAITH!

His message: “When things look most grim, even when your life seems as if there is no hope, keep pushing forward one step at a time. Just make that next step until you have completed the next day. Then, get up and start over – take that next step. Do something that inspires you, little things. Write poetry, help a friend, or sing a song. Do whatever helps you to move forward!!!

Remember, your possessions are not you. Your appearance is not you. Only you can take your own dignity – no one can take that from you. Start your journey – it will inspire you and it will definitely inspire others. To quote, “When the world says Give up, HOPE whispers...Try it one more time!”

## Quick Pic from the District...



*Attendees from November 27 Leadership Dinner pose for a great group photo!*



## In Memory of Herb Stockinger, DTM

by Glenn Yasukochi, DTM

I was fortunate to have known Herb since I joined Toastmasters in 2001. Herb and his wife, Millie, were always supportive of me. I learned a lot from Toastmasters, but what I have learned from Herb's 50 years of real life and leadership experiences (he was a past Founder's District Governor and True North President), and unique communication skills will never be duplicated. Herb was a structural engineer specializing in earthquakes and many of his speeches were based on his occupation and how it relates to our membership with Toastmasters—how Toastmasters sets a foundation to be strong whenever we are shook up by life's events. Herb's dedication as a Toastmaster was apparent at every meeting. Even at age 89, he was active at work and as a Toastmaster. The news of Herb's death was like a 7.0 reading on the Richter scale; but because of the foundation he laid, we will remain firmly planted and move onward and upward. Herb will be truly missed.

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## LACE CALTECH

1200 E California Blvd, Pasadena, CA 91125  
Saturday, January 28, 2017 | 8:00 AM - 4:00 PM



**DANA LAMON, AS**  
KEYNOTE SPEAKER  
*"Change A-D-V-I-C-E"*

*Business Owner, Motivational Speaker, Author, and  
1992 World Champion of Public Speaking*

## LACE CHAPMAN

1 University Dr, Orange, CA 92866  
Saturday, January 14, 2017 | 8:00 AM - 4:00 PM



**LANCE MILLER, DTM**  
KEYNOTE SPEAKER  
*"Leadership for a Championship Club"*  
*2005 World Champion of Public Speaking*



FOR MORE INFORMATION

<http://foundersdistrict.org/lace>