



A PUBLICATION OF  
DISTRICT ONE  
TOASTMASTERS

**SPECIAL  
POINTS OF  
INTEREST:**

- Irene Key lands a sensational career opportunity.
- The Region II 3rd place winner—Joshua Schulman—how he did it!



District One Leaders

*District Governor*  
Mary G. Russell ,  
DTM

*Lieutenant Governor  
of Education and  
Training*  
Rodger Cota, DTM

*Lieutenant Governor  
of Marketing*  
Michael Jue, DTM

# Toast of the Coast

FALL EDITION, 2006

## Toastmasters with the Voices of ONE - Turn Lives Around

Mary G. Russell, DTM  
District ONE Governor



Hello District ONE Toastmasters:  
I am delighted that we can, once again, bring back our District ONE newsletter to our members. Our newsletter, The Toast of the Coast, will be a supplement to

our state of the art website. It will focus on the Toastmaster accomplishments and goals of our District One members. The newsletter will share stories of how we reach out to serve each other and the community.

Our theme this year is "Toastmasters with the Voices of ONE - Turn Lives Around." In one voice we support the Toastmaster's mission. In one voice we support and discuss with others the programs Toastmasters has to offer, and through our endless efforts, we give our best and turn their and our lives around. I'm excited

about what the new Toastmaster year holds for District ONE.

Thank you for being a part of the District One Voice. We hope you enjoy the newsletter as much as we have enjoyed bringing it to you.

Sincerely,  
Mary G. Russell, DTM  
District Governor  
(2006-2007)  
District ONE

Be sure to place our web address in your "Favorites."

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

### Toastmasters At Work In The Community: FIRST YOUTH ACADEMY TRAINED BY DISTRICT ONE TOASTMASTERS

More than 20 District One Toastmasters teamed together to develop and conduct the first Youth Leadership Academy (YLA) for the Paramount Unified School District, at Howard Tanner School on July 26 -29, 2006. It was presented by Training Dynamics Network. Nearly two years ago the principal of Howard Tanner School, Valanitta Richard, shared her vision with David Kitchen, DTM, to train selected Paramount students in leadership and communication skills. Inspired by Ms. Richard's vision, David Kitchen, DTM, founded Training Dynamics Network as a way of using the leadership and communication skills learned in Toastmasters to help young people become successful leaders in life.

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## Joshua Schulman Places 3rd in the Region II Speech Contest

“Couldn’t we use a world where everyone was a better communicator?”



“Joining Toastmasters expanded my world and my interests.”

On June 24, 2006, Joshua Schulman of Torrance came in Third Place in the Region II Toastmasters International Speech Contest held in Honolulu, Hawaii. Joshua’s Toastmasters’ Club is Dreambuilders 691841 in Torrance. The following is his experience of qualifying, competing, and placing within seven months of joining Toastmasters International.

I was 38 years old when I discovered Toastmasters International; an organization designed to help people improve their communication skills. I’ve probably developed more self improvement in the last 7 months with this organization than with any other single involvement in my life. What an exciting organization this is! Though I do presentations professionally in my sales career, I joined Toastmasters International to refine and hone my business presentations, not particularly to get over

a fear of public speaking. However, for many, this fear of public speaking is real, and is ranked as the number one fear in many people’s lives... death is reputedly number five.

When I first joined Toastmasters International, I was approached to help out at a speech contest. Being the curious type, I inquired, “Speech Contest? Can I enter this myself?” I quickly wrote and delivered the prerequisite six speeches and within the month, entered my first ever Speech Contest! Once I discovered that this contest escalates all the way up to the Toastmasters International World Championship of Public Speaking Contest, I was determined to do the best I could. It required working on it every day; vocal prepping, constant speech revisions, and practicing anywhere and everywhere I could. The big day came. The speech contest at the local club level is often times the most difficult

since it’s the first level, and everyone wants to try. I came in First place at the club level. Wow! I next advanced to and won the next three levels of competition in the Los Angeles area qualifying to compete in the Regional Contest in Honolulu, Hawaii. There were eight inspirational speakers at the Regional Contest. I came in Third place! What an exhilarating ride this whole experience was. My Regional Contest speech was entitled, “The Gift of the Gab”; the speech topic was about speaking up and speaking well. If one speaks well, most likely one will speak up. Certainly for themselves, but more importantly, for those who cannot speak for themselves.

I encourage all to find their voice in Toastmasters’ and see how they can truly self-improve. Not just to make more money, but to improve the quality of ones’ life. Couldn’t we use a world where everyone was a better communicator?

## IRENE KEY REAPS THE BENEFITS

Being a member of Toastmasters can sometimes be thought of as risky business. I would like to tell you a part of my Toastmaster’s story to share with you how risk and reward are often on the same page, like two sides of the same coin.

In 2004, Dr. Helen Mendes needed a speaking voice for her CD version

of her book God’s Stress Management Plan. Her book discusses ten biblical principals that effectively help manage stress.

Dr. Mendes asked me to be that voice. I had read her book and was familiar with the material, but when offered the job I almost said no: I was afraid my lack of experience would disqualify me. Dr. Mendes reassured

me that my name had been mentioned as having the personality and speaking voice right for the job. She spoke of my experience as a Toastmaster who had won numerous speaking contests. She discussed with me the kind of voice style and approach she had in mind for the CD. As I listened to her, I remembered the encouraging applauds and comments that I receive in

### Follow the Leader Club # 693601: Inaugurates Program to Help Clubs Grow

The members of FOLLOW THE LEADER Toastmasters Club (the Club of Leaders) are volunteering to help those Toastmasters who are seeking guidance and assistance in developing their leadership skills. They are also available to assist those clubs struggling with membership goals and who are seeking guidance on how to increase club membership. Follow the Leader Club Members will attend other club meetings and provide counseling to those members.

They also invite those Toastmasters who are in leadership positions in the

Toastmasters organization, i.e., Club Officers, Area Governors, Division and District Officers, to visit Follow the Leader Club meetings to learn about leadership principles and practices.

Follow the Leader Toastmasters Club is an advanced club which meets on the second Wednesday of each month from 6:30 pm until 8:30 pm at the Cocos Restaurant in the shopping mall at the corner of Sepulveda Blvd and Marine Avenue in Manhattan Beach.

Many of the members of Follow the Leader Toastmasters club are

members of advanced or distinguished toastmasters and hold leadership positions not only in toastmasters but also in business or in the community. Many have been or currently are District One officers. One member is currently an International Director for Region II.

For more information please contact Club President, Earl Mealins, DTM at [mealins@yahoo.com](mailto:mealins@yahoo.com) or 310-325-7054 or

Vice President Education, Donna Oja, DTM at [donna\\_oja@toyota.com](mailto:donna_oja@toyota.com) or 310-468-6273.

### IRENE KEY REAPS THE BENEFITS , CONTINUED

Toastmasters every time I step out of my comfort zone. I accepted the challenge! My voice is now heard speaking on the three CD recordings of God's Stress Management Plan.

Prior to Toastmasters, my old beliefs and self-image reflected someone fearful to speak in intimate social settings, let alone standing before an attentive audience. My Ice Breaker set me on the path of challenging this view, and nine speeches later, I was a Competent Toastmaster. Similarly, with the encouragement and support of my fellow Toastmasters, I entered my first contest representing my

club, Friends TM Club 2327; I was honored to win the District One Humorous Speech Contest in 2002. Later that same year, I earned second place honors in the District One International Speech Contest. Wow, I didn't think it could get much better until in the spring of 2005, I took home the second place trophy for the Region II International Speech Contest. I proudly stood next to the winner Lance Miller who later would hold the title: 2005 World Champion of Public Speaking.

Hoping to develop communication and leadership skills,

my world has certainly expanded since joining Toastmasters: While chairing committees and leading meetings, I meet interesting people who I am eager to get to know. I revel and celebrate that I am now asked to be the Mistress of Ceremonies for various events. I laugh at the fact that friends occasionally ask me to sit down and be quiet. And that, like Toastmasters, is a WONDERFUL thing.

*Five years in Toastmasters has taught me that good things happen when I step out of my comfort zone.*

## A Publication of District One Toastmasters

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Do you know of a member who has benefited either personally or professionally from their Toastmasters experience? Do you have ideas or suggestions for more effective club meetings or membership improvement that would benefit other Toastmasters? Submit your articles and ideas for publication in *Toast of the Coast*.

Publisher and editor reserve the right to publish or modify any submissions.

### Youth Academy, continued. from pg. 1

From Right to Left Front :  
David Kitchen, Davidlee Kitchen, Charisma Justis, Andre Williams  
From Right to Left Back :  
Aliyah Levins, Antwon Lincoln, Roger Cox, Saleemah Wilson, Rebecca Rosen



Thirty-eight youth leaders representing nine schools in the Paramount Unified District attended the 4-day training workshop which included public speaking, leadership and teambuilding. After three days of intense training, the students demonstrated the skills they had acquired in team debates, as well as in prepared, impromptu and team speeches. "In three days the students demonstrated speaking skills it takes some folks at least three months to learn," said Ms. Richard. A highlight of the experience was a congressional certificate of leadership that was presented to the student leaders from the office of 39<sup>th</sup> District Congresswoman Linda Sanchez.

Putting together the YLA required all the leadership skills learned in Toastmasters. As with any Toastmaster event, one needs a committee of volunteers to make it successful. Special thanks are given to the following Toastmasters: Carla Presetti, TDN's Director of Education and Training, Antwon Lincoln, Michael Lattimore and Sam Paano as event trainers, Aliyah Levin, Roger Cox, Charisma Justis, Patsy Bellah, and Marilyn Ventress, as event coordinators and group coaches, Genevieve Peters for presenting, the "Peters Procedures" training program on character building and several prior youth leadership graduates who participated as coaches.

For the contest and graduation ceremony, special appreciation goes to these Toastmasters: Joyce Howard, Dale Gooden, Contest Chief Judge, Johnny Ponder, Oksana Orel, judging, ballot counting and timer duties, Sherwood Jones and Vic Dennis, who contributed their humor and wit as master of ceremony and moderator, respectively and finally thanks to several Paramount teachers.

*Our greatest appreciation goes to our future leaders of tomorrow—the students  
— for their hard work and dedication.*

David Kitchen stated, "I believe sharing our toastmaster experiences enables us to make our world a better place in which to live . . . one youth at a time"