



A PUBLICATION OF  
DISTRICT ONE  
TOASTMASTERS  
LOS ANGELES, CA

**SPECIAL FOCUS:**

- **TOASTMASTERS BUILDS LEADERSHIP SKILLS IN THE WORK-PLACE AND IN THE COMMUNITY WORKING WITH YOUTH.**



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

MARCH, 2007  
SPRING EDITION

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

Mary G. Russell, DTM  
District ONE Governor



Hello District ONE  
Toastmasters:

Over the past seven months, I've been privileged to serve in the highest leadership role for our District – the role of District Governor. It has proven to be an enriching, thrilling yet challenging journey. The lessons I have learned aren't necessarily about being "in charge" but how to relate to and serve others. I once read that "leadership is action, not a position" and "the number one task of a leader is to keep hope alive." As District Governor it is my re-

sponsibility to maintain the enthusiasm, momentum, energy and hope that will help us reach our goals of becoming distinguished. To do this, I need to listen to those I lead, seek their input, trust their instincts, provide them the opportunity to implement their own ideas (without interference), even if contrary to my own. I need to provide encouragement, support, and be "hands-on" when needed. Most importantly, I need to empower others.

It is not easy being in a leadership role. Those who choose to take on the role of Club Officer, Area Governor, etc., or supervisor, manager, or executive at work must remember who got them there. Don't allow your actions to be "self-serving." Learn to give credit when credit is due. Don't let your own insecurities impede your ability to acknowledge those really

responsible for major initiatives or special projects. Andrew Carnegie once said, "no man will make a great leader who wants to do it all himself, and get all the credit for doing it."

A leader must learn to make tough decisions, even when contrary to others, and hang in there when the going gets tough.

What a wonderful experience this has been for me. I'm working with dynamic individuals on the Executive Council and in the clubs. John Quincy Adams once said "if your actions inspire others to dream more, learn more, do more and become more, you are a leader." Well, fellow Toastmasters, YOU inspire me to do all the above. Well done, and thank you.

Mary G. Russell  
[www.tmdistrictone.org](http://www.tmdistrictone.org)  
or contact me at 626-688-1771.

**Toastmasters In The Workforce: Gloria Davis  
Non Profit Executive Director  
Personal Career Success**



**G**loria Davis is a Toastmaster with an infectious and energetic personality. She has been recognized as Division Governor of the Year and Toastmaster of Year. In 2006 Gloria was named the Woman of the Year by the Los Angeles County Commission for Women. This award recognizes women who have worked to bring about social and economic change, have served as outstanding role models for women, have worked on behalf of women's issues and demonstrated outstanding performance within their professions to further advocate women's rights.

**Here is Gloria's story:**

"The President of my Board (Girls Club of Los Angeles) brought me into Toastmasters. I noticed how much time she spent with Toastmasters. I couldn't spend that amount of time. It would take away from my role as the executive director of a community based non

profit organization. When my Board President chartered a club, I joined as a courtesy and said to myself. "if I pay my dues, she'll leave me alone." Little did I know it would work out differently.

**Realist Plus (#9757)** chartered and I became the VP of Membership as well as an Assistant Area Governor. The rest is history; I was addicted to Toastmasters.

Toastmasters has strengthened my business skills, and allowed me to discover my inner resources. In Toastmasters I have learned how to become a good listener, be nonjudgmental and supportive of others' leadership styles. I have had many rewarding leadership experiences serving as contest chair at all District levels. In the non profit world special events allowed me to hone my planning skills even more.

That could easily have been the end of the story but I wanted others to have the same golden opportunity. My

staff was required to give workshops and seminars in the community as well as to speak at city council meetings. The human resources manager thought Toastmasters was cost effective compared to other programs. We were a go!

The name **Pathmakers (Club # 685279)** was selected at a club name contest. When the winner of the contest gave his Icebreaker speech, it was nine minutes long! It was a passionate talk about his dad's death; how could I stop him when I could see it was so therapeutic? The Club developed and strengthened relationships among employees and also helped them to grow in confidence, and gave them an opportunity to meet outstanding people who would offer them a lifetime of friendship, guidance, and support. That's what I found too and it works!"

**"Joining  
Toastmasters  
Strengthened  
my skills."**

***Take a Non Toastmaster as a Guest to the  
Spring Conference***

**Dream Big! Toastmasters Gets You There.** District One's Spring event is the premiere Conference for those who dare to dream big. Join the fun - the opportunities are endless: learn how to reach your dreams, listen to hilarious and inspirational speakers compete for the title of District Champion, network with new people, meet the recipient of the Community & Leadership award, and of course, win amazing raffle prizes. **See you on Saturday, May 12th!!**

Contact: [Giovanna.dottore@mattel.com](mailto:Giovanna.dottore@mattel.com) or check out the website for details: <http://www.tmdistrictone.org/flyers/DistConfSaveDate.pdf>.

## Toastmasters in the Community:



San Pedro #111 Toastmasters  
Joe Marino on left and Tom  
Butler on right.

**In 2006 Joe celebrated 50 years as a Toastmaster. Congratulations Joe!**

**T**oastmasters Club # 111 of San Pedro has a long history of working with local youth groups to assist in the development of student speaking skills. Over the years, Club 111 members have assisted as speech judges at the San Pedro Lions Club Student Speaker Foundation Contests. Club 111 members have participated

in and contributed to Richard Henry Dana Middle School speaking program, and conducted several public speaking seminars with the Boys and Girls Club of San Pedro.

For the last five years, Toastmasters Club 111 of San Pedro members have been assisting the San

Pedro High School's (SPHS) Academic Decathlon Team in preparation for the team's participation in the annual High School Academic Decathlon contest. Club 111 members participate as speech judges during practice sessions with the SPHS team and offer suggestions for improvement in both their planned and their impromptu speeches. Over 50 Los Angeles area Toastmasters participated in last year's Speech portion of the California Academic Decathlon. What about 2007? (see page 4 for details).

*Tom Butler*

VP Public Relations

## Success with Youth Leadership Programs

**T**oastmaster's Youth Leadership programs achieve success with guidance from members of two clubs. Both Firecracker Club (#817222) and Deluxe Toastmasters (#340) have initiated programs to help youth in their community gain important skills.

The Deluxe club's program was held for eight weeks at the Los Angeles Shabach Foursquare Church, concluding with a speech contest and award presentations on October 1, 2006. Toastmasters Joan Lewis and Rosalind Henderson received help from church members Carlos Henderson and Thurman Dickerson to prepare and facilitate the training. Joan, the program coordinator, said she delayed the program for three years fearing the youth's disinterest in the valuable Toastmaster skills we could offer them.

On the other hand, Joan said that once the program started, that with

adult guidance and patience, our youth achieved and learned rewarding skills. Sometimes the outcome was even comical: for instance, when the students were taught how to campaign for officer positions, Joan was surprised to see a rush of competition for President. One student stood up and declared that one and all



should vote for him because he was good looking. He won!

Joan (center in photo) said that,

"because of this program, our young people have learned they can control their destiny. Our youth need us .... and we need them! What a wonderful experience to see these young adults grow!

Likewise, Firecracker Club has sponsored a Youth Leadership program for the last four years. Their current program began in October, 2006 and will end June 9, 2007 after completing nine two hours sessions every second Sunday.

Over eighty 10-17 years old students have participated in the youth pro-



gram, which was organized and lead by Toastmaster Susan Roth who said, "It is such a thrill to see the participants make such remarkable improvement in speaking which increases their self-confidence. Our club is excited about reaching out to help youth become better leaders and communicators."

Toastmaster members are needed to assist at the June graduation and speech contest event as judges, timers and other functionaries. Please help by contacting Susan Roth at [sroth@lawa.org](mailto:sroth@lawa.org).

Come and see the remarkable impact Toastmasters is having on our youth.

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## Looking for a Way to Share Your Skills? Be a Judge! Coach!

High School students who compete in the Academic Decathlon are judged on their impromptu and formal speaking skills. Adopt a school. Your whole club can get involved! Share what you have learned with the Community: it's the best Public Relations there is!

For more information go to this web-site:

<http://www.academicdecathlon.org/what.htm>

## Roger Cox: "Volunteering to share Toastmaster's skills can help you out as well."

**M**y first experience with Selaco Youth Corp was in late 2005. I was a relatively new Toastmaster (South Bay Toastmasters 280) but I was keen to help out with a modified speech craft program Michele Wilkosz had put together to teach Toastmaster skills to young adults that were either obtaining their GED's or receiving interview and job training skills.

The course involved a short table topics session, a demonstration speech on a particular skill by a Toastmaster, then short speeches from the students using the skills they had learned the previous week.

Because of the nature of the school, the students were from mixed backgrounds and broken homes. They had many personal obstacles to overcome but I was taken

with the passion most of these students put into the training and the outstanding personal values they displayed. One young lady gave a speech about her mother who was a drug addict and her younger siblings who were in foster care. Her goal was to get a job and enough money so she could look after her siblings herself. Consistency was certainly a problem with the students; their personal circumstances made it easy for them to find excuses but the ones that came to the majority of the sessions gained a lot and had great fun as well. A particularly gifted student asked Table Topics questions worthy of any experienced Toastmasters meeting. One of the questions he asked was "What would you do if you won \$1,000,000.00?" The answers were astoundingly altruistic. They wanted to give the money to charities, buy homes for their families, or help out

their neighborhoods. Of course there was the occasional black on black Mercedes thrown in, but who can blame them for that!

I saw that the program was having a profound impact on these young lives. I was so moved I immediately became more involved by working with Michele to co-direct the program in autumn 2006.

I am amazed at the amount of personal growth I have gained from giving just a couple of hours a week. I hope that you the reader will consider volunteering your time and skills in some capacity. You will be amazed at what you gain from it!

District ONE Toastmasters involved included Maria Isobel Soto, Donna Oja, Rodger Cota, Lee Pound, John Elliott, Bryon Burk, Stuart Mosher, Randy Smith, Joshua Schulman, Sandy Dunning, David Kitchen, Choon Mah-Meggett, Bonny Kamen, Antwon Lincoln, Sam Paano, Irene Keys, and Lois Smith.

Thank you.