



A PUBLICATION
OF
DISTRICT ONE
TOASTMASTERS

District ONE
Governor



Rodger Cota, DTM

Special
Focus:

Opportunity
For
Growth!

Stay
Involved.

District ONE Leaders:

District Governor
Rodger Cota, DTM

*Lieutenant Governor of
Education and Training*
Michael Jue, DTM

*Lieutenant Governor of
Marketing*
Sandy Dunning, DTM

Toast of the Coast

MAY 10, 2008
SPRING EDITION

Toastmasters: Opportunities For Growth

In July, I declared the District theme to be "Toastmasters: Opportunities for Growth". I felt this theme was appropriate because that is what Toastmasters has been for me, opportunity after opportunity to try new things, test my skills, and as a result, to grow.

I have also been amazed to see others take advantage of the Toastmasters opportunities and watch them grow as well. I've seen LGM, Sandy Dunning learn a whole new aspect of Toastmasters in marketing and I have seen her abilities grow along with her love for Toastmasters. I've seen LGET Michael Jue, learn and grow as he continues to take on new responsibilities as a leader.

The area governors are amazing to watch, as they have taken monumental steps in growth in their roles as area governors. And the division governors have grown as they honed their management skills and took on higher levels of responsibility.

The most remarkable person in Toastmasters to watch in terms of growth is the new club member. When properly guided, new members discover talents they never knew they had. With a strong club mentor program, these new members can be led to new opportunities that help them build new skills, which leads to new confidence and personal growth. We then have

a member who will want to stay after attaining their Competent Communicator designation because they want to take advantage of more opportunities. The growth also occurs for the mentor who steps in either to help the new member or an experienced Toastmaster to reach higher levels.

The strength of Toastmasters lies in the ability of the club member to obtain the skills they came to Toastmasters to develop. Ensuring that your club provides "a mutually supportive and positive learning environment" will help all club members.

Rodger Cota

A Slow Learner? by Michael Jue, DTM

Am I a "slow learner"? Do I have a set of learning disabilities or Attention Deficit Hyperactivity Disorder (ADHD)?

Why ask? I originally had the intention of being a Toastmaster for only a year after joining Northrop Grumman Toastmasters 212.

That was in 1978 – thirty years this November.

I thought that I would practice my newly learned skills that I acquired in the Speechcraft program that Northrop Grumman Toastmasters 212 had conducted. A year of reinforcing my skills would be enough,

and then I would be done with being a Toastmaster to go onto bigger and better things.

"Why have you been a Toastmaster for so long? The typical Toastmaster stays in the organization for perhaps a year and a half, long enough to earn a Competent Communicator designation."

I am still a Toastmaster because I have not yet stopped learning. What I have discovered was that my Toastmasters membership has offered me many opportunities. I have done things that I would never have done on my job at Northrop Grumman or in my personal

life. I have met people that I would have never have otherwise met.

Most important, I have had the opportunity to discover myself: who I am; what I am made of; what I am willing to do and not do; how I interact and work with others; and other lessons. All this has come while being challenged in the various leadership positions that I have held and will hold.

Am I a "slow learner"?

The answer has to be "YES!" Although I have learned a lot, I will continue to learn.

“Having a killer presentation is critical.”

“I absolutely believe that people, unless coached, never reach their maximum capabilities.”

*Bob Nardelli –
President and CEO
of Home Depot*

Toastmasters: Solid Business Results—Not Just Talk Andrea White, CC

As the Executive Director of Bikestation.org, a nonprofit in the growing field of alternative transportation, I am required to give presentations to large audiences at meetings, conferences, and fundraisers, and to smaller groups for public outreach, consulting and multi-media interviews. I give frequent tours of our facilities and educate our politicians at all levels. I speak in public ALL THE TIME.

Speaking obligations notwithstanding, my Directors

thought it wasn't enough to be simply *good* at public speaking, one must be *great*. They suggested Toastmasters. Bruised ego and all, I joined Toastmasters about two years ago.

My Toastmasters practice and knowledge has turned into concrete business results. Through a group called the Social Enterprise Institute, I had the opportunity to prepare a presentation to promote Bikestation as an earned income venture to potential public and private investors. The men-

tors and judges are seasoned entrepreneurs, business executives and business students committed to applying their expertise to social purpose businesses.

The two rounds (semifinals and finals) followed similar formats: each social entrepreneur was given 15 minutes to present a compelling story to a panel of judges. The story had to cover points like mission, business positioning, market, competi-

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Spring Is The Time of Change! Lynne Street, CTM, CL and Mentor Chair

Spring is here, the time that I usually reevaluate my life. First, I have many things to be grateful for. As an avid goal setter, I realize there are quite a few things I enjoy that I was not pursuing. How could I possibly reach my maximum capabilities if these ideas were only “thoughts”?

On Dec. 1st, 2007 I attended the R.O.A.R. presentation. (R.O.A.R. stands for Reach Out and Achieve Results). The presentation was called Double Your Club's Membership in 6 months. It was put on by our fellow Toastmasters K.C. Converse, Marya Baniza, Jim Paget and Sandra Acosta.

I was interested in doubling our clubs membership. I gathered a few of my fellow officers and attended the R.O.A.R. presentation. The

presentation was an eye opener. What I took home with me was more than just an experience of a wonderful presentation; I obtained a lifelong lesson on Mentoring.

The R.O.A.R. team suggested that once you have made the decision to implement Mentoring into your club you need to act upon that decision within 48 hours. So I did. I called two people on the R.O.A.R. team and requested to be mentored. I was assigned a mentor from that phone call. I was also advised that our club needs to be a mentoring club if we were to double our clubs membership. I stepped up and became the Mentor Chair. Within those 48 hours, I had a mentor and Lakewood Toastmasters #1497 became a mentoring club.

I got excited, our club officers got excited and our membership has grown from 11 members to 21 and it hasn't even been 6 months yet. Our club is growing by leaps and bounds and blossoming into a healthy club. As we prepare for a membership drive, I have visions of looking for another venue to hold our meetings, simply because we have outgrown our current location. I am glad when we have to add additional tables and chairs to accommodate guests at each meeting.

I had this thought...If it works in Toastmasters maybe it will work in my own personal life. I began to ask others to mentor me in different areas of my life. My goals are now taking shape at a more rapid pace. I have

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HOW TOASTMASTERS HAS PROVIDED ME WITH THE OPPORTUNITY FOR GROWTH

Over the years, fear of speaking in public has extinguished numerous opportunities in my life. I think of "what might have been" had I not surrendered control -- had I not allowed my fears to dictate important life choices. I might have had a career in teaching -- or law. Fortunately, Toastmasters helped me grow in confidence and self-esteem so that I could resume control over the direction of my life.

I have been a member of Toastmasters on and off for many years. I first joined Toastmasters when I worked for a major California bank in San Francisco. I joined because I knew I needed to overcome my shyness in order to be successful. There, I met nurturing and inspiring colleagues who supported me in my efforts to overcome my fear of public speaking. I

learned from successful leaders and communicators, who were great role models. As I grew in confidence I won a few speech contests and eventually became President of my club. Within a year or so I was promoted to a position traveling around the State training branch personnel. I never would have been considered for the job -- nor could I have performed the job without the preparation Toastmasters had provided. Toastmasters has enabled me to deal with my fear and function more normally... chair and participate more fully in meetings.

I re-joined Toastmasters six years ago when my public speaking phobia returned with a vengeance. I knew that I needed help. I needed to get back into the habit of speaking on a



regular basis.

Cityspeakers (Club 5510) gave me that opportunity. I also enjoy the humor and camaraderie of the group. Still, I can never assume that I am "in the clear." I cannot say that I have conquered my fears. I may never be able to say that.

But Toastmasters has given me hope and a framework for dealing with my fear. And as long as I have Toastmasters, I will never be in this alone.

District ONE's First Junior Gavel Toastmasters Club 1064266 Choon Mah-Meggett, DTM

When I was called upon to help Helen Keller Park's Junior Toastmasters form themselves into a proper Junior Gavel Toastmasters Club in late January 2007, I was honored and privileged that this very enthusiastic group of youngsters were really serious about becoming formally organized!

Here is a little background on how the club started. The young people at Helen Keller Park, Gardena, along with the help of several Toastmasters, had started Toastmaster style meetings under the auspices of their Assistant Director, Mr. Marvo Hider. They then decided that they wanted to move ahead and start the process to formally become a Toastmasters Junior Gavel club and asked for my help. I sent for the kit and together with Roger Cox, the Youth Coordinator for

District One, we scheduled a formal training for the Officers of the club the following Sunday. By March 2007, the paperwork was sent in to Toastmasters International Headquarters and the Helen Keller Park Junior Gavel Toastmasters became official on July 1, 2007!

Thus District ONE birthed their first Junior Gavel Toastmasters Club with their co-sponsor Toastmaster Regina Rhymes, ACS/CL, Club Advisor/Mentor Choon Mah-Meggett, DTM, and Club Mentor Roger Cox, ACB/CL. The club had each member take responsibility for an Officer position much like an adult Toastmasters club and each was trained by an experienced Toastmaster from District One for their role. Some also attended the District One training as well as Division trainings throughout the following months. Many members of District One

stepped up to the plate to help with Evaluations including our District's #1, Rodger Cota, and #2, Michael Jue! Others included Division and Area Governors who came and helped when called upon. Helen Keller Park's members could not have had a better motivational team to inspire them to be the best they could be.

The club's President, Ali El Krim (16 years old), has been showcased at several District One's Toastmasters clubs, the Area D-3's Humorous Contest last year, as well as at several other Toastmasters District functions that he and Toastmaster Roger Cox, have been attending. Their VPPR, 12 year old Kenna Williams, together with her Mom, Ms. Jazz Magee, have also been very active in their outreach within the community by attending many of District One trainings and events

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**Publisher: Rodger Cota, DTM
1328 Argonne Avenue
Long Beach, CA 90804
562 619 0076**

Editor in Chief: Michele Wilkosz, DTM
Special Projects: Ed Walsh, ATM-S

Any errors or omissions are purely accidental.
Please submit any comments, changes or sug-
gestions to:



Michele Wilkosz, DTM
(562) 500 6505
fax: 562 684 0531
e-mail:
michelewilkosz@msn.com
3331 St. Albans Dr. Los
Alamitos, CA 90720

Toastmasters Develops Leadership Skills: Empathy, Patience, Flexibility

Nearing the end of my two year stint as District ONE Public Relations Officer I reflect on the incredible personal growth this opportunity afforded me. Near the end of my 1st term I attended the Region II PRO training led by Norm Cook, DTM. What was taught there led me to expand my goals beyond the resurrection of the newsletter, the Toast of the Coast. I happily report that I have achieved all of those goals.

What did all this do for me? From a relative computer illiterate I'm now able to easily weave my way through menus and tool bars. I learned about editing, layout and design. Best of all I practiced leadership skills. Leading volunteers is a different animal – it's more than just delegating. It requires empathy, patience and flexibility — great life skills for whatever else we're doing.

Toastmasters has always been a source of providing me with new interests and skills. That's the reason why I have rejoined *twice* in the past 29 years, and I'm here to stay!

Your Editor: *Michele*

(Continued from page 2) Andrea White.

tion, financial modeling, and an exit strategy for investors.

After the semi-finals, the group of contenders was reduced to 3; Bikestation among them. In the finals, I took the feedback I had received and refined my PowerPoint presentation to really target the audience, a skill I've come to more fully appreciate and utilize in Toastmasters. I kept my ears open to what was being said while everyone was arriving so that I could start off the presentation in a warm and engaging way with a timely and relevant joke. Everyone laughed. I was off to a good start.

In the end, Bikestation was chosen as the winner. The winner receives a team of seasoned and successful professionals from a wide variety of entrepreneurial backgrounds as mentors. They will help me take Bikestation to the next level.

What tipped the scales in favor of Bikestation? As several judges pointed out, venture capital is all about people. You have to be believable. Having a killer presentation and the ability to convince the audience of the chances of success was, in their own words, critical.

I have a ways to go before becoming a "great" public speaker, but Toastmasters will continue to be a part of my plan to get there.

(Continued from page 2) Lynn Street

enlisted the help of mentors that are where I want to be, financially, professionally and personally. Mentoring has become a part of my life and has catapulted me in new directions. I recognize that anyone who has accomplished great things in their life did not do it alone; I don't have to do it alone either.

I am excited about my life and the leaders that I have sought out to be my mentors, they are great role models. I'm ready to blossom.

Now in our club, new members are assigned Mentors right away. Existing members are reaching their public speaking goals by being mentored also, and in turn, they are volunteering to be mentors themselves. Once again, Toastmasters has given the gift of "leadership" and proven that once the seed is planted, with a little water and sunshine the seed grows. Many more seeds are planted along the way, to also blossom.

I am grateful for Toastmasters for many reasons, but most of all...for opening my eyes to the wonderful pool of knowledge that was already out there, all I had to do was ASK for it.

(Continued from page 3) Helen Keller Park Junior Toastmasters.

including becoming members at Firecracker's Youth Leadership program led by Toastmaster Susan Roth. Recently a very successful joint meeting took place with the Helen Keller Park and Firecracker Junior Toastmasters.

Altogether, The Helen Keller Park Junior Gavel Toastmasters Club has been so successful in its enthusiasm for Toastmasters that now, the Los Angeles County Parks and Recreation Department's Joe Mendoza's office has decided to start two more Junior Gavel Toastmasters clubs at Mona Park and Athens Park! I have been asked to assist in finding Toastmasters who will step up to the plate. Remember, credit may be earned for either the Advanced Leader or the High Performance awards. Please contact me so that this can be accomplished in the next two months

For more information, for your opportunity to grow, please contact Choon Mah-Meggett, DTM, at 310-542-5150 or email her at cedisa@aol.com