



# Toast of the Coast

Vol. 3 No. 2 October 2010

Distinguished District ONE Toastmasters. Unbeatable...together.

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For the most current information, go to <http://www.tmdistrictone.org/>

## Scenes from a Few Fall Area Contests



**DISTRICT ONE KNOWS HOW** to have fun! Fall Area Contest themes spanned the globe from Hawaiian to Wild Wild West, from Caribbean Nights to Birthdays around the World. Above, scenes from some of the colorful contests at A5, B1/B4, B3, C3, C5, E1 and E3.

# Meet the Area Governors

**Theresa Hight, ACB/ALB**  
Area A1 Governor



Home Club: Culver City Toastmasters. Toastmaster for 6 years. I live in Inglewood and am the mother of one son. Always enjoy helping others. I've traveled internationally and look forward to doing more. I enjoy watching TV, sewing, reading, taking

classes and learning about new things.  
[teehi@pacbell.net](mailto:teehi@pacbell.net)

**Barbara Williams, ACB**  
Area A2 Governor

Home Club: Inglewood Toastmasters; now a new member of Praisemasters. Toastmaster since May '05. I am an aspiring Health Educator who has been "moonlighting" as an administrative assistant for a financial company for the past 11 years. I enjoy volunteering, cooking (when I'm not dining out), going to comedy clubs and being "auntie" to a host of my friends' children.  
[bmw7527@yahoo.com](mailto:bmw7527@yahoo.com)



**Eva M. Westholm, ACG/ALB**  
Area A3 Governor



Home Club: Culver City Toastmasters. Toastmaster for 12 years. Licensed Clinical Social Worker (LCSW) working in community mental health setting. Love to visit family in my birth country, Sweden. Also love California where I live now with husband,

Leo, and Maltese mix Nifty. Like singing, volleyball, swimming, and the outdoors.  
[ewestholm2@yahoo.com](mailto:ewestholm2@yahoo.com)

**David Kelmachter, ACB, QS**  
Area A4 Governor

Home Club: Funny Bones. Toastmaster 2½ years. Professional field: the entertainment industry. Guiding principles: create win/win situations and have fun in every endeavor. Interests: the arts, exploring, neuroscience, great food, fascinating people, and the University of Florida Gators.  
[dkelmachter@hotmail.com](mailto:dkelmachter@hotmail.com)



**Darrell Winfrey, ACG/ALB**  
Area A5 Governor

President of home club Northrop Grumman. Toastmaster for 2 years. I host a weekly smooth jazz radio show on KTYM 1460 AM and also

produce a live music video television show each week on Channel 10 and Channel 36. Hobbies include public speaking and photography. After my tenure as Area Governor, I plan to pursue a doctorate.  
[gospeljazzconnection@yahoo.com](mailto:gospeljazzconnection@yahoo.com)



work in IT Department for Farmers Insurance Group. Enjoy reading books, watching TV, eating and spending time with my friends.  
[abdul\\_alim@hotmail.com](mailto:abdul_alim@hotmail.com)

**Michael Petran, ACG/CL**  
Area B5 Governor



Home Club: Toyota. Toastmaster for 12 years. President of Petran Unlimited, a leadership development and corporate training consulting company for Fortune 500 companies and adjunct faculty at UCI Extension. Interests include playing the guitar, riding motorcycles, dancing, rebuilding trucks, cooking, and working with the LA Sheriff's Department Mounted Search and Rescue team.  
[michael.petran@earthlink.net](mailto:michael.petran@earthlink.net)

**Keith Kowalski, CC/CL**  
Area B1 Governor



Home Club: FIGmasters. Toastmaster for 2 years. I work in marketing support for Farmers Insurance. My wife, Michele, and son, Kevin, are the primary focus of my life. I enjoy game playing (computer, board, role playing) and reading.

[Keith.kowalski@farmersinsurance.com](mailto:Keith.kowalski@farmersinsurance.com)

**Don Smith, cc**  
Area B2 Governor

Home Club: J. P. Rinnert. Toastmaster for 2 years. I work as a self-employed software consultant. My passion is promoting eco-literacy (helping people understand how we are connected to the environment). Love long conversations about soil, compost, fungi, microbes and converting your lawn into a food forest. I live in West LA with my beautiful wife Meg and our cat Mimi. Hobbies include climbing, canoeing, back-country skiing, and ultimate frisbee—but now I spend all my spare time on Area Governor activities!  
[smithdon@mac.com](mailto:smithdon@mac.com)



**Jon Caplan, DTM**  
Area B3 Governor



Home club: Century City Toastmasters. Toastmaster for 7½ years. The hobby that I focus on the most is photography. It's remarkable how much it has in common with public

speaking. At its core, it's about communication — about having a point and then figuring out how to use the available tools to make that point. Ansel Adams said that there's nothing worse than a sharp image of a fuzzy concept. That's a critical lesson for photographers or Toastmasters.  
[Jon\\_caplan@yahoo.com](mailto:Jon_caplan@yahoo.com)

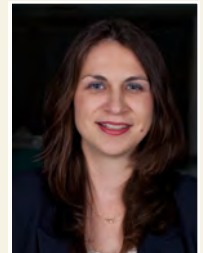
**Abdul Alim, ACS/ALB**  
Area B4 Governor

Toastmaster 2 years. Home club: FIGmasters. Live in Los Angeles and



**Agnes Varga, ACB/ALB**  
Area C1 Governor

Home Club: Beach Cities. Toastmaster since May 2007. I'm a CPA and professional accountant. I am a smart and educated woman but English was not my first language and communicating my ideas clearly was a bit challenging for me. My supervisor recommended I join Toastmasters and it has given me great skills and confidence. I have two beautiful boys (3 years and 3 months old), and a third one called husband – just kidding.  
[vard933@yahoo.com](mailto:vard933@yahoo.com)



**Jessie M. Moore, ACB/ALB**  
Area C2 Governor

Toastmaster 3 years. Currently Treasurer for home club Aerovision 4419. Past President of home club and an Assistant Area C5 Governor. B.A. in Business Administration. Enjoy action movies, music, trying different foods. Parent helper for the Bellflower Cheerleaders. Love skating when I can stay on my feet. I like traveling and spending time with family and friends.  
[jessie.m.moore@aero.org](mailto:jessie.m.moore@aero.org)



**Monica Alexander, ACS/ALB**  
Area C3 Governor

VPE of home club Northrop Grumman Toastmasters. Toastmaster for 2 years. Hobbies are radio personality for KTYM 1460AM where I co-host a smooth jazz show and also produce and host a live weekly television show on WHPA. I'm the Director of an



# Meet the Area Governors (continued from page 2)

## Monica Alexander (cont)

organization called *Women of Prominence*, *Women of Promise*, which mentors young women striving to get to the next level in their careers. One Toastmaster goal is to reach my DTM within the next year.  
[malexander5164@yahoo.com](mailto:malexander5164@yahoo.com)

## Micah Anozie, cc Area C4 Governor

Home Club: Narrators. Toastmaster since February 2009. Three brothers, one sister, and a 4-year-old daughter, Haven. I enjoy painting, reading, leadership and succession planning, motivational speaking, generally working with my hands, thinking creatively, and spending time with my family.  
[m\\_anozie@yahoo.com](mailto:m_anozie@yahoo.com)



## Bill Elder, ACS/CL Area C5 Governor



Home Club: Northrop Grumman Toastmasters Club 212. Toastmaster 12 years. Logistics Engineer, Northrop Grumman Corp. I've been happily married since 1984. My 12-year-old daughter, Madison, is from China and is my Toastmaster in training.

I'm known by Disneyland cast members on a first name basis. I'm also fascinated with politics and history. Other hobbies include backpacking, tennis, collecting serious music, and of course Toastmasters.  
[bill.elder@ngc.com](mailto:bill.elder@ngc.com)

## Cherry Bush, cc Area D1 Governor

Home club: South Bay Toastmasters. Profession: Regional Manager—Company Operations, Denny's Restaurants Inc. Worked in fine dining, quick service, catering and family dining over 25 years. Other interests: Domestic Violence Advocate for Redondo Beach Police Department. Hobby: cycling.  
[cherrybush20@yahoo.com](mailto:cherrybush20@yahoo.com)



## Hermanda Carter, ACG/ALB Area D2 Governor



Home Club: Dreambuilders. Toastmaster since 2006. I've served in all 7 officer roles. Worked in the computer industry, building, designing and repairing computers for 14 years and am currently a Tax Professional and Notary agent. In my spare time I love to hang out at the beach and enjoy fishing, cooking, camping, plays, music, social gather-

ings and most sports. I also love watching people grow and develop their communications skills, and therefore *I love Toastmasters*.  
[hermandac@aol.com](mailto:hermandac@aol.com)

## Elizabeth Nebelsky, ACG Area D3 Governor



Home Club: Peninsula Toastmasters. Toastmaster for 9 years, but was President of "Las Olas Toastmistress" club in the 60's. Remax real estate 25 years. Gift shop manager at Magic Mountain. Enjoy bike riding on the beach. Have 2 children, 5 grandchildren. Love to play baseball with my grandchildren. Enjoy working out at the gym.  
[lizbet@cox.net](mailto:lizbet@cox.net)

## Jennifer Ofo Addo, ACG/CL Area D4 Governor

Home club: Motor Mouths. Also belongs to Toyota Airbags and Stage 2. Toastmaster since 2003. After 17 years in IT, Jennifer recently moved to Toyota's Incentives Department. Originally from Ghana, Jennifer now lives in Long Beach. She's passionate about real estate and finding great deals on just about anything.  
[jennifer\\_addo@toyota.com](mailto:jennifer_addo@toyota.com)



## Mariko Koshimaru Schimmel, CC/ALB Area D5 Governor

Home Club: Demosthenes Wannabees. Toastmaster since January 2008. Work as an advanced product planner for Honda, studying trends, people and the environment to project future customer trends and needs for Honda and Acura automobiles. Live in the South Bay with my husband, Geoffrey, and enjoy tutoring students and performing in musical theatre.  
[marikoshmeister@gmail.com](mailto:marikoshmeister@gmail.com)



## Julie Fogg, CC/ALB Area E1 Governor

Home Club: Deluxe Toastmasters. Toastmaster for 2 years. I'm a principal for a small technology integration firm specializing in call center applications for companies like Marriott and Walgreens. Married 10 years and have a daughter. I'm a huge advocate of Twitter and I love to connect with other Toastmasters on LinkedIn and Facebook. I practice Brazilian Jiu Jitsu and tennis.  
[jfogg@activeport.com](mailto:jfogg@activeport.com)



## Marlow Wilkerson, cc Area E2 Governor



Home Club: Century 21 Masters of Action. Toastmaster for 2 years. I've been a realtor for 7 years and it's a great profession. The best part of my job is giving the keys to a new home owner. I have lots of hobbies, including having two saltwater fish tanks, and it's truly therapeutic. I have two beautiful, healthy kids. Marlene is 17 and Marlow is 12. They're the reason I breathe and do what I do. I didn't understand the kind of love parents had for their kids until I had my own. I am truly blessed.  
[Dallasboys95@yahoo.com](mailto:Dallasboys95@yahoo.com)

## Larry Lee, ATMS Area E3 Governor

Home Club: Cerritos Cheerful Chatters. Toastmasters for about 14 years. Business Services Manager for Southeast L.A. County Workforce Investment Board. Passions include martial arts, ocean kayaking, participating in Relay for Life, and walking my rescued shepherd/Rottweiler buddy, Sampson. Happily partnered with my wife Virginia for 22 years.  
[larryl@selaco.com](mailto:larryl@selaco.com)



## Carol Otters, ACB/CL Area E4 Governor



Member of Lakewood Toastmasters and Long Beach Gavel Club 11. I'm a Mentor for BeachMasters and helping Marya Banniza launch a new club Starship Toastmasters. Married for 9½ years to wonderful and supportive husband Tom Otters. This is my second year as an Area Governor (just can't get enough). All you past presidents out there stay tuned for my newest endeavor, "The Past Presidents Club," coming soon.  
[Carol2420@aol.com](mailto:Carol2420@aol.com)

## Imani Robinson, cc Area E5 Governor

Home Club: Compton Elite Communicators. Toastmaster for 1½ years. B.A. Sociology, UCLA. Systems Programmer, TRW. Habitat for Humanity, 2 years. National Service, AmeriCorps, 2 years. Love old books, old houses, gospel and country music. Sport: ice skating, 2005 Pacific Coast Adult Bronze Champion; 2008 qualified, State Games of America. Goal: qualify, US Adult National Championships. Certificates: Grant Writing; Meeting and Planning.  
[pirobinson@ymail.com](mailto:pirobinson@ymail.com)



# Out to the Ballpark with District ONE

**IN THE FIRST "FUN FACTOR" EVENT** of 2010-2011, over 30 Toastmasters from all over District ONE gathered at Dodger Stadium on Sunday, September 5th to watch the Los Angeles Dodgers take on the San Francisco Giants in an exciting twilight matchup. District ONE Dodger fans were led by our own District Governor, Giovanna Dottore, DTM. Outnumbered 8 to 1, D1 Giants fans were led by Fun Factor Chair Rick Shigio, DTM. Hiroki Kuroda was the starting pitcher for the Dodgers going up against Jonathan Sanchez for the Giants.

Besides the mandatory Dodger Dogs and pretzels (and some "liquid refreshments"), our fun-loving group enjoyed perfect weather for a twilight game. Thanks to the Dodgers group sales office, excellent infield reserve seats gave everyone a great view behind home plate on the 1st base side. And District ONE was prominently featured several times on the scoreboard between innings.

Buster Posey of the Giants scored in the second inning on a Pablo Sandoval sacrifice hit. Kuroda and Sanchez both did an excellent job pitching, with 7 total scoreless innings. In the top of the 7th, Giants shortstop Juan Uribe blasted a two-run homer, sending the score to 3-0 Giants. The relief pitchers threw perfectly in the 8th and 9th innings, and the Giants got the win. The score did not dampen the spirits of our outspoken group, providing entertainment and humor to the surrounding fans. We may get some members out of this event!

To our members who attended, if you give a speech on this event, send a recording of it to our District Governor, or have her attend your meeting, and you will receive a District ONE pin. If you have a suggestion for another fun event, please contact District ONE Fun Factor Chair Rick Shigio at [Rick.Shigio@att.net](mailto:Rick.Shigio@att.net).

— Rick Shigio, DTM



Rick Shigio and Giovanna Dottore

## In the Spotlight



**SPEAKERS BUREAU MEMBERS AND GUESTS** got an unexpected chance to learn from a master when 2001 World Champion of Public Speaking Darren LaCroix made a surprise visit to District ONE. Darren's *Humor 101: Secrets for Professional Presentations* on August 26, 2010 was a huge hit!

Kudos to Speakers Bureau Chair Claudette Payne, District

Governor Giovanna Dottore, and Julie Broady (pictured with Darren, above) for making this outstanding event possible on such short notice. More about the Speakers Bureau on page 6.



## Toast of the Coast

News and Views from District ONE

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District ONE website  
<http://www.tmdistrictone.org>



# The Kitchen Korner

## Recipes for Club Success

**"YOU CAN GET EVERYTHING** in life you want, if you will just help others get what they want." This is one of my favorite quotes by motivational speaker Zig Ziglar. So, how do we help others in District One? By maintaining the heat on building and rebuilding our clubs.



Claudette Payne, DTM, demonstrates her masterly evaluation technique at the October 1 meeting of the new Cadillac Toastmasters club that she is mentoring at Kaiser West Los Angeles.

Now is a great time to start that new club, or sponsor/mentor a new club. Maybe encourage your club to "adopt" a low-membership club. (Contact me to find out more about how to do that.) Help rebuild a club through the power of Speechcraft. Or, hold joint meetings with a low-membership club and share membership building ideas and club successes.

I guarantee that when we help others, others will help us. As a side note, congratulations to the 70+ clubs who acquired and are using the new Membership toolbox kit to sign up those new members. Here's another great use of the Membership toolbox kit.

**Membership Toolbox Tip #2.** Access the CD that comes with the toolbox. The CD contains a toolbox sheet with more than 50 website links to sites that can help guarantee your membership soars to new heights.

Remember; helping others is the key recipe to strong membership, and strong membership is the secret ingredient to help us stay unbeatable ... together.



— David Kitchen, DTM, Lt. Governor Marketing  
[DavidKitchen@earthlink.net](mailto:DavidKitchen@earthlink.net)

## In the Spotlight – Part II

**JANINE BURKE AND TINSELTOWN TOASTMASTERS** put on a sell-out *Body Language Blaster and Evaluation Workshop* on August 26, 2010. Special guest Bill Johnson led the unsuspecting but appreciative group in improv exercises to get out of their heads and into action while Janine led the interactive Evaluation workshop. It was a terrific mental and physical workout—followed by great food. Pictured at right, Janine's go-to team of participant/helpers: Cynthia Levy, Tara Brown, Alexander Denk, Maria Markosov, Johnathan Basile, Janine Burke, and Catherine Luo.



## District Governor's Pin Recipients

The prestigious District Governor's pin is awarded to members who exemplify our District's motto — "Unbeatable...together." They have demonstrated excellence in teamwork within their Area or Division and have gone above and beyond to serve fellow members to ensure a positive experience for everyone.



The pins were awarded at their Area or Division Speech Contests.

**Area A3**  
Sherwood Jones

**Area A4**  
Nick Mattos

**Area A5**  
Abe Henryhand  
Glenda Holden  
LaVerne Edmonds

**Area B1**  
Catherine Magruder

**Area B2**  
Carole Hodges

**Area B3**  
Hector Garza  
Tricia La Marca

**Area B4**  
Tony Estrada  
Matt Avallone

**Area B5**  
Sherrie Wray  
Steve Yu  
Mou Chatterjee

**Area C1**  
Patricia Ellis  
Angel Estrada  
Sam Huntington

**Area C2**  
Doug Field  
Tiffany Heim

**Area C3**  
Anna Ziss-Patton  
Kenny Phillips

**Area C5**  
Anna Ziss-Patton  
Kathy Moon  
Evelyn Woolridge

**Area D1**  
Kevin Johnson  
Kryssie Mackey

**Area D2**  
Earl Mealins  
Yim Lincoln  
Frank Sanders

**Area D3**  
Angel Estrada  
Steve Weltman  
Sherrie Wray

**Area D4**  
Donna Oja  
Rick Shigio

**Area D5**  
Dolores Dollé SWE  
Marsha Graham  
Ravikumar Munukutla

**Area E1**  
Doug Cox  
Alicia Marconi  
de Porto  
Mary Mackey

**Area E2**  
Susan Cameron  
Joe Marino

**Area E3**  
Rodger Cota  
Camille Rivera  
Jeffrey Wolfe

**Area E4**  
Tom Otters  
Marjean Clements  
Irene Swenson

**Area E5**  
Regina Rhymes  
Byron Brizuela  
Ann Williams



# Congratulations

to the following members of Distinguished District ONE who achieved Educational Awards between 7-27-10 and 9-22-10.

## Distinguished Toastmaster

Club	Area	Award	Name	Club Name
3363	C3	DTM	Stubbs, Larry R.	Tower Toastmasters

## Advanced Communicator Gold

Club	Area	Award	Name	Club Name
7933	D5	ACG	Petran, Michael	Toyota Toastmasters
5631	D2	ACG	Sardinha, Marie	Torrance Chamber

## Advanced Communicator Silver

Club	Area	Award	Name	Club Name
1016	E4	ACS	Harenburg, Richard H.	Upper Crust
174	D3	ACS	Laeno, Stan N	Peninsula Toastmasters
2681	B3	ACS	Stauffer, Brad C.	Century City Toastmasters
4131	E3	ACS	Stengelsen, Larry W	Long Beach Live Wires
4419	C2	ACS	Strong, Patricia A.	Aerovision Toastmasters
11	E3	ACS	Williams, Frances Lynn	Long Beach Gavel Club 11

## Advanced Communicator Bronze

Club	Area	Award	Name	Club Name
8944	C3	ACB	Dickson, Cary	Mattel Toastmasters
174	D3	ACB	Duffin, A. Ivonne	Peninsula Toastmasters
1142290	A5	ACB	Evans, Gwynne	Praisemasters
5983	B1	ACB	Gloria, Debora S.	Sand & Sea Speakers
2573	A5	ACB	Greene, Karen D.	Soaring Eagles
743	B3	ACB	Hazemoto, Jerry Kenichiro	Singles by the Sea
7786	C2	ACB	Heim, Tiffany N.	Air LA Club
5631	D2	ACB	Levinson, Aron B.	Torrance Chamber
3148	D2	ACB	Mackey, Kryssie N.	Stage 2 Toastmasters
1910	E2	ACB	Palomino, Andrew	SPEAK OUT!
280	D1	ACB	Yamashita, Joe	South Bay Toastmasters
4489	A2	ACB	Zampelli, Sheri	Agape Club

## Competent Communicator

Club	Area	Award	Name	Club Name
609097	D4	CC	Addo, Jennifer O.	Motor Mouths
9757	A2	CC	Brass, Glenda A.	Realist Plus
1587	E5	CC	Brizuela, Byron R.	South Gate Toastmasters
6270	B5	CC	Brown, Tara	Bruin Toastmasters
1142290	A5	CC	Caraway, Lorraine R.	Praisemasters
3645	D1	CC	Eades, Linnea E.	Bay Cities Toastmasters
1497	E4	CC	Earles, Marina Omaois	Lakewood Toastmasters
1497	E4	CC	Garvey, Meghan	Lakewood Toastmasters
1267220	E3	CC	Gonzalez, Arturo	Century 21 Masters of Action
5983	B1	CC	Huber, Frederick L.	Sand & Sea Speakers
3921	C1	CC	Laughlin, Stephen R.	Beach Cities Toastmasters
7786	C2	CC	Madarang, Lorenz Gonzales	Air LA
1267220	E3	CC	Mavrovitis, Monica Elizabeth	Century 21 Masters of Action

## Competent Communicator (cont.)

Club	Area	Award	Name	Club Name
4489	A2	CC	McLaughlin, John C.	Agape Toastmasters
2681	B3	CC	Miyahara, Yuko	Century City Toastmasters
1431047	E5	CC	Quiachon, Godfrey	First Class Communicators
4489	A2	CC	Reynaldo, Carlos A.	Agape Toastmasters
638	B2	CC	Sekowski, Jack	Westside Toastmasters
1032	B5	CC	Sinkeviciute, Birute	Toastmasters 90210
412	B5	CC	Soriano, Francis Lawrence	Executive Toastmasters
1142290	A5	CC	Standifer, Patricia A.	Praisemasters
1910	E2	CC	Stewart, Patricia	SPEAK OUT!
6270	B5	CC	Suraprasert, Parus	Bruin Toastmasters
711440	D3	CC	Tsao, Kathleen	Toast of the Bay

## High Performance Leadership

Club	Area	Award	Name	Club Name
4847	C1	HPL	Breen, Marc L.	High Flyers
3363	C3	HPL	Stubbs, Larry R.	Tower Toastmasters

## Advanced Leader Silver

Club	Area	Award	Name	Club Name
4847	C1	ALS	Breen, Marc L.	High Flyers
1043675	C3	ALS	Hamdan, Hiba	LA Professional Speakers
2681	B3	ALS	Paydar, Kamran M.	Century City Toastmasters
3363	C3	ALS	Stubbs, Larry R.	Tower Toastmasters

## Advanced Leader Bronze

Club	Area	Award	Name	Club Name
1333290	C2	ALB	Castaneda, Richard Gene	Hard Hatters
711440	D3	ALB	Chang, Richard	Toast of the Bay
1333290	C2	ALB	Connelly, Christopher Curtis	Hard Hatters

## Competent Leader

Club	Area	Award	Name	Club Name
1333290	C2	CL	Castaneda, Richard Gene	Hard Hatters
1431047	E5	CL	Deloatch, Jacquelyn	First Class Communicators
1249252	A4	CL	Dobreer, Peggy D.	Lions Pride Toastmasters
743	B3	CL	Hazemoto, Jerry Kenichiro	Singles by the Sea
174	D3	CL	Hurtado, Henrietta	Peninsula Toastmasters
1455	C2	CL	Keller, Barbara	Plane Talkers
3811	E5	CL	Mitchell, Margaret L.	Compton Elite Communicators
2681	B3	CL	Miyahara, Yuko	Century City Toastmasters
8186	B4	CL	Reddivari, Mythrayee	Fig Masters
1431047	E5	CL	Richardson, Michelle R.	First Class Communicators
1032	B5	CL	Sinkeviciute, Birute	Toastmasters 90210
3811	E5	CL	Williams, S. Ann	Compton Elite Communicators
1455	C2	CL	Woolridge, Evelyn	Plane Talkers

# Speakers Bureau News

### SPEAKERS BUREAU MEMBER MURPHY

**WITHERSPOON, DTM**, delivered 1st Platoon's inaugural keynote address titled "Why Is Speaking So Important" as part of the 2010 LAPD Cadet Academy Youth Leadership Program on October 2, 2010.

Like Mr. Witherspoon, many of the guest speakers for the series are volunteers from the District ONE Speaker's Bureau,

whose mission is to connect members with speaking engagements that add value to the community, promote Toastmasters, and advance the speaker's career.

2010-2011 Speakers Bureau Chair Claudette Payne, DTM announces that two more members from District ONE have joined the ranks of Qualified Speakers: **Jahnavi Goldstein, CC/CL**, and **Jordana Tiger, ACS**.

Congratulations!

The Speakers Bureau meets monthly on Wednesday evening; see the calendar on page 8 for dates. For more information about the Speakers Bureau, go to <http://www.tmdistrictone.org/speakersbureau.asp>

**SPEAKERS BUREAU**  
DISTRICT ONE TOASTMASTERS



# It Works!



## Success Stories from District ONE

*It Works!* highlights personal and professional success stories submitted by District ONE members. Has your Toastmasters experience translated into real-world results? Tell us about it! Submit your story to TOTC Editor Lynda Levy at [Levy110@verizon.net](mailto:Levy110@verizon.net).



Bill Elder, with wife Pam and daughter Madison

### GIVING A EULOGY

As children, we think of mortality in an abstract manner. As we age, our thoughts on death gradually change as we witness those around us succumb to life's plan. Over the years, I wondered if I would ever be called upon to deliver a eulogy...and then it happened last February with the loss of my father-in-law. How does one prepare a eulogy and what is appropriate?

Toastmasters gives us many tools to work with. At the TI website under Special Occasions, there is a section on Giving a Eulogy, which is "probably one of the most difficult speaking assignments imaginable." I found the thirteen tips invaluable, especially staying focused on the audience's needs and including light moments when appropriate. Thanks to Toastmasters I felt prepared for this solemn occasion and was able to speak from my heart with caring and confidence.

**Bill Elder, ACS/CL**

Northrop Grumman Toastmasters  
Area C5 Governor

**I CAME TO THE US** 410 days ago. I count by days because every day has been a challenge for me. I admit the first few months were so frustrating that I was about to quit. The fact that I got sick with a sinus infection that kept me in bed for 2 months just worsened the situation. But one day I promised myself to be strong and happy. I survived and recovered and found a job as an intern at Sony, but I was still having major problems speaking and communicating.



Farnoosh Kaihani

One day I saw a Toastmasters Club poster on the wall at Sony and remembering my promise, attended the meetings with shaking legs. I can't even begin to tell you how Toastmasters helped me to overcome all my fears of speaking in a second language in a different country. After a couple of months of attending every meeting I got hired as a permanent employee at Sony. I owe this to Toastmasters and my own will power and hard work.

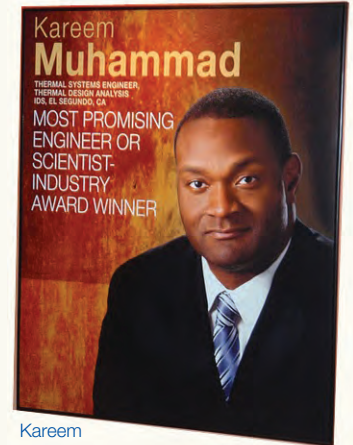
**Farnoosh Kaihani**

VP Membership, Image Toasters

**IN FEBRUARY OF THIS YEAR**, I was honored and humbled to be presented the 2010 Black Engineer of the Year Award (BEYA) for Most Promising Engineer or Scientist by Career Communications Group. When thinking back to the experiences and people that led to this recognition, I could not forget Toastmasters.

Improving my communication and leadership skills as a Toastmaster has been an invaluable contribution to the successes I have had as an engineer. The self-confidence and management skills I have gained through leading teams and delivering multiple speech presentations with Toastmasters has had a direct impact on my professional and personal life. Several Toastmasters even wrote recommendations for me to receive this prestigious award.

What made the ceremony even more special for me was having the award presented to me by my mentor, Dr. John Tracy. It was Dr. Tracy, Boeing Chief Technology Officer and Senior Vice President of Engineering, Operations & Technology, who recommended that I join Toastmasters five years ago as part of my development to become a future leader within Boeing.



Kareem Muhammad

**Kareem Muhammad, DTM**

Follow the Leader



Sheri Zampelli

**I WAS A COLLEGE INSTRUCTOR** when I joined Toastmasters, yet I was terrified to speak "outside the box." I was nervous for days – even weeks – before and after my first six speeches. It was a shock to my system to talk about what I wanted to talk about instead of hiding behind a textbook.

I knew I had a voice that was yearning to be heard but every time I opened my mouth, I felt like my vocal chords clamped tight and I was stumbling on my words. With the support of my club members, I was able to experience a break-through.

As a result of my renewed confidence, I started a talk show on Blog Talk Radio. I added my own flair to presentations to incorporate humor and even some hula-hooping. I've performed live at several coffee shops in Long Beach and at a Pecha Kucha event in Los Angeles. My college classroom has transformed as well. I'm daring to use a leadership style that matches my personality and skills, and I've started to incorporate YouTube music videos and other internet resources in the classroom to liven up the lessons and help students remember them.

In short, Toastmasters helped me repair my wings and gave me the courage to spread them and fly.

**Sheri Zampelli, ACB**

Secretary, Agape Toastmasters

OCTOBER						
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NOVEMBER						
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26	27	28	29	30	31	

# Mark Your Calendar

For more information go to [www.tmdistrictone.org](http://www.tmdistrictone.org)

## October 2010

October dues are due!	Fri. 10-1	
Area D1 Contest	Fri. 10-1	Evening
Area A3 and A4 Double Contest	Sat. 10-2	Morning
Marketing Tips for Membership Growth Workshop	Sat. 10-2	6:30 pm
Area A2 Contest	Wed. 10-6	Evening
Area A1 Contest	Thurs. 10-7	Evening
Area C4 Contest	Fri. 10-8	Evening
Division B Contest	Sat. 10-9	Morning
First Class Communicators Evaluation Workshop	Sat. 10-9	11:30 am
Division D Contest	Fri. 10-15	Evening
Division A Contest	Sat. 10-16	Morning
Area Governor Roundtable	Wed. 10-20	7:00 pm
Speakers Bureau Meeting	Wed. 10-27	7:00 pm
Division C Contest	Thurs. 10-28	Evening

Praisemasters Workshop "Mental Flexibility, Part I"	Fri. 10-29	6:30 pm
Division E Contest	Sat. 10-30	Morning

## November 2010

Speakers Bureau Meeting	Wed. 11-17	7:00 pm
Steering Committee Meeting	Wed. 11-17	7:00 pm
Jim Key Special Pre-Conference Presentation "Maximum Impact: The Art of Telling Your Story"	Fri. 11-19	7:00 pm
District ONE Fall Conference (details on page 9)	Sat. 11-20	All day
Area Governor Club Visit Reports Due	November 30	

## December 2010

Speakers Bureau Meeting	Wed. 12-15	7 pm
Area Governor Roundtable	Wed. 12-15	7 pm

## 100% Officers Trained

**Congratulations to the following clubs who had 100% of their officers trained for the Fall term.**

Note: Clubs with all officers trained at the Toastmasters Leadership Institute on July 10, 2010 are in **boldface**. They will be recognized with a \$50 gift certificate to the Toastmasters Store.

Area D4, governed by Jennifer Ofo Addo, ACG/CL, achieved the remarkable distinction of becoming a 100% Area, with every officer in every club in the area trained.

### A1 Breakfast at Toastmasters

### A1 Coach Class

- A1 IBEAR
- A2 Agape
- A3 C.I.T.I.E.S.
- A3 Culver City Toastmasters
- A4 Funny Bones
- A4 Inglewood Toastmasters
- A4 Trojan Toastmasters

### A5 Praisemasters

- A5 Dynamic 90's
- A5 Pathmakers

### B1 Toastmasters 90210

- B1 Vegan
- B2 J. P. Rinnert
- B3 Singles By the Sea
- B4 Fig Masters
- B4 West Hollywood
- B5 Executive Toastmasters
- C1 Beach Cities
- C1 Imperial Toastmasters
- C1 Narrators

- C2 Hard Hatters
- C2 Plane Talkers
- C2 Space Park
- C3 Aerovision**
- C3 LA Professional Speakers**
- C3 Mattel Toastmasters
- C3 Tower Toastmasters
- C4 Aerospace
- C4 DHL Expressors
- C4 Follow the Leader
- C4 Xerox Xeriods
- C5 Northrop Grumman Toastmasters**
- C5 Firecracker Toastmasters
- C5 Speech Encounters
- D1 South Bay Toastmasters**
- D1 Bay Cities
- D1 Lexus Linguists
- D2 Dreambuilders**
- D2 Orators
- D2 Stage 2
- D2 WLE Toastmasters
- D3 Harbor Lights
- D3 Peninsula
- D4 Ethical Elite**
- D4 Carson Communicators
- D4 Dominguez Hills
- D4 Herbalife Toastmasters
- D4 Motor Mouths
- D5 Demosthenes Wannabees
- D5 Toyota Club
- E1 Aquarium Wavemakers
- E1 Shoreline Speakers
- E3 Century 21 Masters of Action
- E3 Cerritos Cheerful Chatter
- E5 Compton Elite Communicators**

## District ONE Celebrates:



**Robert Mackenzie**, in his 2nd time on the BIG stage, took 2nd place in the World Championship of Public Speaking.

**Ann Hastings**, DTM, PID received the Presidential Citation from International President Gary Schmidt for outstanding contributions at the Club, District and International level.



**Sandy Dunning**, DTM, PDG received the Excellence in Leadership Award for achieving Distinguished District for the third straight year.

**Giovanna Dottore**, DTM, DG received the Excellence in Education & Training award.

**Joan Lewis**, DTM, received the Excellence in Marketing award.

**Roberta Perry**, DTM, past District ONE Governor, won the Region 10 election for International Director.



Empowering  
through  
Communication



 breakfast at  
toastbook



**AND**

Fall Conference Preview

## *Get ready to be empowered on November 20!*

- Witness the top 10 speakers in District ONE compete for the title of **District Champion** in the Table Topics and Humorous Speech Contests.
- Get inspired by Keynote Speaker **Jim Key**, DTM, 2003 World Champion of Public Speaking, as he shares the “undiluted truths and benefits” of achieving excellence in *“The Pure Excellence Initiative.”*
- Learn to *“Just Say Yes to Servant Leadership”* from acclaimed Toastmasters International Director **Roberta Perry**, DTM.
- Enjoy hot breakfast and make new connections during *“Breakfast at Toastbook”* with hosts Camille Rivera, ACB/ALS, and Carol Otters, ACB/CL.
- Celebrate *your* educational achievements and welcome the new DTMs in the famous DTM Hug Line at the **Hall of Fame Luncheon**.

**Take the Club Challenge:** The club in each Division that sends the highest percentage of Full Day attendees to the conference gets a \$25 Toastmasters International gift certificate!

Share the experience and **empower others!** The club in each Division that sends the highest percentage of first-time Full Day attendees to the conference gets a \$25 Toastmasters International gift certificate.

Show your support and gain visibility for your business, organization or Toastmasters club. **Place an ad** in the *Empowering through Communication* Program Book. Contact Keith Jackson, DTM, at [keithE4AG@gmail.com](mailto:keithE4AG@gmail.com). Deadline for ad placement is October 16.

**Register online** by November 12 to get the \$60 Early Bird price:  
[www.tmdistrictone.conferencereg.aspx](http://www.tmdistrictone.conferencereg.aspx)

For more information about Conference speakers, registration, and location, go to the Conference website: [www.tmdistrictone.org/conference.aspx](http://www.tmdistrictone.org/conference.aspx)

For another opportunity to learn from a World Champion, don't miss Jim Key's Special Pre-Conference Presentation, Friday, November 19, 2010, at 7:00 pm:

*“Maximum Impact: The Art of Using Your Story”*

Separate RSVP required. (Conference attendance not required.) Find out more at <http://www.tmdistrictone.org/ConferenceCommittee/GraphicsFall10/JimKeyleaflet.pdf>

# Toastmasters International Convention 2010

Public Relations Officer team member and President of Beach Cities Toastmasters, Jahnvi Goldstein, attended the Toastmasters International Convention in Palm Desert this August. Here are some of her impressions.



## My First International Convention

"If you get everything there is to get out of Toastmasters you'll never get out of Toastmasters!" This piece of wisdom was shared by veteran Toastmaster, Joe Madley, DTM, who sat next to me at the President's Dinner Dance. It's so true—whenever I think I've reached a Toastmasters plateau, an entirely new challenge appears and I end up with greater personal development and having lots of fun. I hope **never** to get out of Toastmasters! Another DTM I met told me that this was his 35th International Convention! I met Toastmasters from Japan, India, Kenya, Australia, South Africa and all over the United States. Truly the attendees of the 79th Annual Toastmasters International Convention in Palm Desert, California were getting the most they possibly could out of Toastmasters.

One of my favorite moments was actually due to an audiovisual equipment malfunction during the Convention kickoff Wednesday evening. We were all gathered in the Grand Ballroom and the flag ceremony honoring the attendance of representatives from over 113 countries had just concluded. International President (now immediate past president) Gary Schmidt asked us all to rise and honor the United States by listening to our national anthem. It quickly became apparent that there was a snafu with the playing of the music and over 1,000 attendees spontaneously began singing the Star Spangled Banner. It was a beautiful rendition and made me proud to be an American and proud to be a member of

Toastmasters. The Convention kickoff was reminiscent of the opening ceremonies of the Olympic Games and just as inspiring. I was pumped!

Gary Schmidt presided over the majority of the Convention activities and I appreciated how he was simultaneously formal and fun—not afraid to give high fives or make analogies to Star Wars as necessary. The event turned out pretty well for him...

Saturday night he asked Friday

night's Golden Gavel recipient, Carolyn Kepcher of *The Apprentice* TV show fame, to be his guest at the President's dinner dance and she said yes! The Dinner Toastmaster, Jana Barnhill, DTM, AS, pointed out this fact to much blushing by both Gary and Carolyn and hearty cheers from the audience!

I was lucky that my best friend, Kristin DeLuca, an avid Toastmaster from Florida, attended the Convention with me. We both felt that the most valuable and educational aspect of the entire Convention was the opportunity to watch the International Speech contest and be exposed to a wide variety of presenters. We watched 27 speeches during three rounds of semifinals, then the top nine speakers competing in the World Championship. Watching and evaluating these 36 speeches taught us an immense amount about what makes a great speaker, what moves an audience and what we can implement in our own speaking in order to become future World Champions of Public Speaking!



Two key take-aways: 1) Not to save the best for last in our speeches. It's important to share the message upfront and not let it get lost in a long introductory framework. 2) To be careful when using quotes. They are often overused and unless they are targeted and said by someone the audience relates to, it's better to paraphrase and make them your own.

One educational presenter blew me away with his energy, passion and powerful use of PowerPoint (a rare feat indeed). Sasha Strauss, USC Professor and managing director of the brand-strategy consulting firm Innovation Protocol, showed respect to his audience by dressing impeccably in a three piece suit. He shared that attending Toastmasters is mandatory for employees at his company! Sasha spoke about branding in such a unique and fired up way that I'm still talking about aspects of his presentation.

The International Speech contest, with over 1,600 in the audience, was one of the most exciting events and the speakers gave me goosebumps on several occasions. The winner, David Henderson from Texas, was amazing, bringing the audience, and himself, to tears. It was so great to have District One represented with the very talented Robert Mackenzie taking second place! I also appreciated seeing a female contestant compete and Lisa Panarello did a great job.

I learned of a fabulous international custom, one that I plan to implement during my future travels and recommend you do as well. After meeting and chatting with some wonderful Toastmaster ladies from Kanagawa-ken, Japan, they excitedly gave lovely gifts to both my friend and me. I received a beautiful fan and scarf, each wrapped in exquisite paper. It turns out that gift giving is an important and regular part of Japanese culture and custom. I appreciated these gifts so much and it's such a simple yet powerful way to establish relationships and form bonds with new acquaintances as well as established friends. Next time I travel I will bring along small gifts to give to those I meet.

Speaking of gifts, Toastmasters has been a priceless gift in my life and it and all the people who make it so great have empowered me to give more in my own life. I am grateful for Toastmasters and the experiences and learning I gained from the International Convention. Next year's Convention is in Las Vegas – I'll see you there!

—Jahnvi Goldstein, CC/CL

# Awards & Installation Banquet

## And the Awards went to...

Congratulations to these Toastmasters who were honored with trophies at the August 7 Awards & Installation Banquet for their stellar service to District ONE during 2009-2010:

### TOASTMASTER OF THE YEAR Regina Rhymes

### Division Governors of the Year Camille Rivera Grace Weltman

### Area Governor of the Year Angel Estrada

### Division Spark Plugs

*(Members recognized by their Division Governor for outstanding contributions to the Division)*

- Division A: **Kathie Nirschl**
- Division B: **Abdul Alim**
- Division C: **Madrienne Hampton**
- Division D: **Donna Oja**
- Division E: **Keith Jackson**

### Area Spark Plugs

*(Members recognized by their Area Governor for outstanding contributions to the Area)*

- |                           |                         |
|---------------------------|-------------------------|
| <b>Jacob Arriola</b>      | <b>Larry Lee</b>        |
| <b>Evelyn Ballesteros</b> | <b>Jennifer Minette</b> |
| <b>Sandy Beecher</b>      | <b>Donna O'Connell</b>  |
| <b>Ron Dowell</b>         | <b>Brian Russo</b>      |
| <b>Bill Elder</b>         | <b>Rick Shigio</b>      |
| <b>Bonny Kamen</b>        | <b>Don Smith</b>        |
| <b>David Kelmachter</b>   | <b>Rino St. Paule</b>   |
| <b>Irene Key</b>          | <b>M.K. Timme</b>       |
| <b>David Kitchen</b>      | <b>Agnes Varga</b>      |
| <b>Cynthia Lamb</b>       | <b>Phil Wiest</b>       |

### Outstanding Club Vice President of Education

*July – December 2009:*

**Mou Chatterjee**, Toastmasters 90210

*January – June 2010:*

**Kathy Moon**, Northrop Grumman TMs

And kudos to these contest winners who received certificates suitable for framing as well as gift certificates to the Toastmasters International store:

### Best Club Newsletter

Toastmasters 90210

### Best Club Website

Tinseltown Toastmasters



Toastmaster of the Year **Regina Rhymes** and IPDG **Sandy Dunning**



Head table, with Keynoter **Bob Eckert** of Mattel Inc. seated next to LGET **Joan Lewis** and her husband **Carlos Lewis**



Division Governors of the Year **Grace Weltman** and **Camille Rivera**



**Bob Eckert** is thanked by District Governor **Giovanna Dottore**



Installing Officer **Marsha Davis** and daughter **Sydni**



**Gena Davis** and **Catherine Magruder**, Co-Chairs of the 2010 Fall Conference



**Claudette Payne**, Speakers Bureau Chair, **Gabriel Sheffer** and District PRO **Lynda Levy**



Area Governor of the Year **Angel Estrada** with beautiful ladies



New Area D5 Governor **Mariko Koshimaru Schimmel** is raring to go!



**David and Shirley Kitchen**



Outgoing Area Governors from Division C