

# TOASTMASTERS DISTRICT ONE



District Newsletter

April 2017

Greetings to you, District 1 Toastmasters!

With just about 10 weeks left in our program year, I want to encourage all of you to stay focused on the goals you set for yourself at the start of this term. Toastmasters is known for teaching us skills like speaking and leading. However, it also teaches us goal setting and time management.

This is the time to put those skills to use. The end is fast approaching! Some of you may have one, two or even five speeches left to complete and earn your next educational achievement. Some of your clubs have the goals but just need to add a few more members to reach Distinguished or better. You can do it! I believe in you! I'm cheering you on! Our goal is that every Toastmaster experiences success for themselves and their club.

The District leadership team is here to offer support to you so that YOU can finish strong. As you work on your personal goals, remember the growth that you have seen in yourself. There is a quote by Andy Rooney that says, **"Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing."** Keep climbing, fellow Toastmasters. As you continue to reach towards your highest potential, remember to pay it forward and help someone else experience that growth and happiness.

My biggest reward as a Toastmaster has been introducing others to the organization and seeing their evolution. Giving the gift of Toastmasters to someone can change their lives. TOGETHER, let's shoot for the moon and make history! Stay excellent!

Jessica Allen, DTM,  
District 1 Director

For more information about contests and other events happening around District 1, visit us at [www.district1toastmasters.org](http://www.district1toastmasters.org).



## **District One Vision:**

*"To have a unified team conveying the same message of 'Together We Can' and empowering individuals to become better communicators and leaders. We will accomplish this through consistent communication, training and recognition of our members and their accomplishments."*

## **In This Issue**

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## **Important News for Presidents & VPEs**

In the coming weeks you will receive an email with the Call To Council Letter detailing the important business matters that will be voted on during the District One Business Meeting, scheduled to take place at the Spring 2017 Conference. Please ensure that you or a representative is available.

Attendance at the business meeting is free.

# DCP Corner: The Distinguished Club Program (DCP)

By Carla Taravella, ACB, ALB, District DCP Chairperson; and Julie Broady, DTM, Program Quality Director

## Congratulations to 28 Clubs that have achieved Distinguished or Better (as of April 25<sup>h</sup>)

*These clubs all have 20 or more Membership Renewals or net growth of at least 5 new members since July 1*

### PRESIDENT'S DISTINGUISHED

Aquarium of the Pacific Wavemakers (10 goals)	Fox Talkz Toastmasters (10 goals)
Lakewood Toastmasters (10 goals)	
Century City Toastmasters (9 goals)	Divapreneurs (9 goals)
Praisemasters (9 goals)	Toast of the Bay (9 goals)
West Hollywood Toastmasters (9 goals)	Westside Toastmasters (9 goals)

### SELECT DISTINGUISHED

Bay Cities Club (8 goals)	JusticeMasters (8 goals)
Long Beach Gavel Club 11 (8 goals)	Mission Control (8 goals)
Professional Women Toastmasters (8 goals)	Sand & Sea Speakers (8 goals)
South Bay Toastmasters (8 goals)	Torrance Chamber of Commerce (8 goals)
Driving Kraco (7 goals)	Speakers by the Sea (7 goals)

### DISTINGUISHED

Aerovision (6 goals)	ToastiNG Toastmasters (6 goals)
Toastmasters 1913 (6 goals)	Century 21 Masters of Action (5 goals)
Jacobs Jabbers (5 goals)	Los Maestros de la Oratoria (5 goals)
P2S Toastmasters (5 goals)	Refined Speakers (5 goals)
Santa Monica Club 21 (5 goals)	Toastmasters 90210 (5 goals)

***In order to be Distinguished or better by June 30<sup>th</sup>,  
you'll need to have a plan in motion now!  
To help your club succeed here are some important re-  
sources:***

- [10 Goals to Take your Club to the Top](#)
- [\\*\\*FREE Download \\*\\* -- The Distinguished Club Program and Club Suc-](#)

#### DCP Mastermind Webinar Series

Every 2<sup>nd</sup> Monday and 4<sup>th</sup> Wednesday  
New topic each month!

**RSVP** to [district1dcp@gmail.com](mailto:district1dcp@gmail.com)



### Mark Your Calendar:

**DCP Mastermind Webinar Series** **RSVP** to [district1dcp@gmail.com](mailto:district1dcp@gmail.com)

**Monday May 8th - 7:00pm – 7:45pm**

<https://global.gotomeeting.com/join/733040237>

**Dial in: +1 (872) 240 -3412; Access Code: 733-040-237; Audio Pin: #**

### Check out District One Educational Incentives for You & Your Club:

<b>Speech-A-Month</b>	Give a speech every month between January and June and you will receive: 1) a Party in your honor, 2) Recognition on the District website and 3) Special recognition at the Awards and Installation banquet
<b>Spotlight on You</b>	Submit a photo of you and your mentor immediately after delivering a speech and you will be spotlighted in the district 1 newsletter. Provide your speech title, date of the speech, and your club name.
<b>1<sup>st</sup> Timers Club</b>	Complete your 1 <sup>st</sup> educational award between July 1 and June 30 and you will become a member of the “1 <sup>st</sup> Timers Club” of District One. There will be special recognition at the Spring Conference on May 20 <sup>th</sup> and at the Awards and Installation Banquet in the summer season.  Submit your own testimonial of 150 words or less about your experience achieving your first educational award for inclusion in the District One newsletter. Include your name & home club.

*For all incentives please submit the required information to*

*District DCP Chairperson Carla Taravella, ACB, ALB at [district1dcp@gmail.com](mailto:district1dcp@gmail.com)*

District One would like to reward your club for working together as a team! We have a special recognition letter to send to your employer or preferred recipient. Please email us at [district1dcp@gmail.com](mailto:district1dcp@gmail.com) with the contact information for your preferred recipient. Your letter will be on its way!

## District One Spring Conference 2017

On May 20th at the Crowne Plaza, Redondo Beach Pier and Marina you will have the opportunity to witness these powerful speakers throughout the day:

- ☞ **Keynote & Educational Speaker** ~ Craig Valentine is the 1999 World Champion of Public Speaking and Co-Founder of the World Class Speaking program, which helps up-and-coming speakers and speech coaches turn their presentations and programs into huge profits. Craig is also an author of the groundbreaking book, *The Nuts and Bolts of Public Speaking*, and has contributed to a number of books on marketing.
- ☞ **Leadership Breakfast Speaker** ~ Josephine Lee is the 2016 3rd place winner in the World Championship of Public Speaking and an industry-leading entrepreneur. After recognizing a need for more accessible and knowledgeable pointe shoe fittings, she started a traveling pointe shoe fitting company called *The Pointe Shop* in January of 2014. Her success in the World Championship of Public Speaking has etched her in history as the first Korean American woman to place in the final stage.



These amazing speakers will surely inspire your next speech! Also cheer on the Division Tall Tales and International Contest winners, listen to vital updates from your District One Leadership during the business meeting, and receive recognition for your educational achievements at Hall of Fame Luncheon.

*(Continued on page 4)*

The excitement starts by registering today at [www.district1toastmasters.org/conference](http://www.district1toastmasters.org/conference)

The conference price is \$75 prior to May 16th and increases to \$85 thereafter.

When you register you will also be able to purchase Opportunity Drawing Tickets at a special price.

<i>Purchase tickets "in advance" of the conference *</i>	<i>Purchase tickets "on the day" of the conference</i>
<ul style="list-style-type: none"><li>• \$10 – receive 30 tickets</li><li>• \$20 - receive 75 tickets</li><li>• \$30 – receive 200 tickets plus entry into Grand Prize drawing</li></ul> <p>*tickets received upon arrival on 5/20/17 at the prize tables (cash, checks, credit cards accepted for advance payment).</p>	<ul style="list-style-type: none"><li>• \$10 – 20 tickets</li><li>• \$20 - 50 tickets</li><li>• \$30 – 125 tickets plus entry into Grand Prize drawing</li></ul> <p>Cash and credit cards accepted only</p>

If you are interested in donating a raffle prize please email [district1tmconference@gmail.com](mailto:district1tmconference@gmail.com)

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## Help! How Do I Find A Good Speech Topic?

By David A. Kitchen, DTM, PDG

Can you imagine ancient philosophers pondering, "Which came first, the chicken or the egg?" Perhaps speech writers were asking, "Which comes first, the speech idea or the topic?" Since its inception in October 1924 by Dr. Ralph C. Smedley, Toastmasters International has given more than 345,000 members an opportunity to practice the art of public speaking. Still, to this day, members ask, "*How do I come up with good speech topic?*" The answer is simple... *personal experience!*

A good speech begins with the heart. What's important to you in life? What are your experiences? How have your experiences shaped your life or the lives of others?

**First** - speak about you! Tell your audience about things you've experienced. When you speak on things you know, you become the expert. Also, other members may benefit from your knowledge. For example, I could never get my backyard grass to stay green. Then, one day in my club, a speaker told his personal story of spending endless dollars on grass seeds and fertilizer and paying huge monthly water bills trying to get his grass green like his neighbor's. He said he continued this until his neighbor told him that all it takes is to simply leave the grass clippings on the grass after each mowing. "Wow," he expressed, "the grass clippings served as a mulch fertilizer and within 2-3 weeks his grass was green as a golf course putting green!" Well, guess what I've been doing with my grass.

**Second** - use various resources to research your topics - personal experiences, YouTube videos, magazines, books, or time at work or with family. The list could go on forever. Your topic could be on something you don't know but would like to. This is your opportunity to conduct some research. If something interests you, your enthusiasm for the topic will lead to excellent research and a great speech topic. Often overlooked are everyday occurrences that make life so interesting and meaningful. Conduct a presentation on the skills it takes to juggle a career and raise children. For example, if you have attended a workshop on budgeting, that can lead to a speech on, "*How to Create A Family Budget.*" Be a real person to your audience and share capsules of your real life — you'll have a winning speech every time!

In summary, it's easy to come up with countless great speech ideas: 1) Talk about your personal experiences, or 2) talk about something new you've learned. If you're thinking, "*I can't think of a good speech topic,*" I would say pay attention to what's going on in your world. Don't stress. Just relax and look around you!



# Club Growth Team: Finish Strong

By Evelyn Woolridge, DTM, Club Growth Director

***Finish strong is the motto of our Club Growth team.*** Our team has been involved in many membership-building and club-retention activities this past month and as a result District One is ranked as #1 in paid clubs.

Our team has been instrumental in chartering 5 clubs in the month of March including Douglas Business Park Toastmasters near the Long Beach Airport, and two new Oracle clubs in Santa Monica ~ Tech Talk Toastmasters and Be Hurd Toastmasters. As a result, we have welcomed 121 new Toastmasters members into our District One family.

Get ready: during the upcoming Division Contests we will be recognizing a lot of clubs for their membership-building efforts. These include CORE Toastmasters in Division D and Lakewood Toastmasters in Division E for winning the Open House membership contest and the 19 clubs that won the Talk it Up Toastmasters contest (see the graphic to the right). ***A total of 115 new members were enrolled during Talk It Up Toastmasters!***

With such great success we have restarted the Open House Showcase, the Beat the Clock Contest, and the Give the Gift of a Membership campaign. We will also reward those individuals that are instrumental in identifying and chartering new clubs. Bottom line, a lot of Toastmasters gift certificates will be given to clubs for a job well done. Check guidelines at

<http://district1toastmasters.org/programs/awards-and-recognition/>

Make a difference in the lives of others as well as your own life by becoming a Club Mentor, Sponsor, or Coach. Attend one of our workshops on May 11, May 25, or June 8. Also, our last Speechcraft, Open Houses, and Social Media workshop will be on May 24. Most of our trainings will be held at the El Segundo Library; however, check the District Calendar for more details.

Community outreach has been a great way to gain new members. The Division D Director and Area Directors have been using their "Join Us" invitation business cards to introduce the benefits of joining Toastmasters throughout the community. They have been at the Veterans Park in Redondo Beach and the Torrance Street fairs. Make sure to attend your local community events to promote your club and showcase your communications skills.

## Talk It Up Toastmasters Clubs

Agape Toastmasters - 9  
District 1 Trail Blazers \*- 9  
Westside Toastmasters -8  
Herbalife Toastmasters - 7  
Infineon and Beyond Toastmasters - 7  
Bay Cities Club - 6  
Beach Cities Toastmasters Club - 6  
Creative Communicators - 6  
Fox Talkz Toastmasters Club - 6  
Funny Bones Toastmasters - 6  
Agensys Oncotoast - 5  
Business Masters - 5  
Century City Toastmasters Club - 5  
Circle of Friends - 5  
Divapreneurs -5  
Google LA - 5  
Mission Control - 5  
San Vicente Toastmasters - 5  
Sand & Sea Speakers Club - 5



***Now is the time to race to June 30<sup>th</sup> as a:***

- ***Distinguished Club***
- ***Select Distinguished Club, or***
- ***President's Distinguished Club!***

Add at least **five** new, dual or reinstated members to your club, with a join date between

**May 1 and June 30th and win \$25 TI gift certificate**  
(see flyer for additional \$50 bonus TI gift certificate)

# The Benefits of a Corporate Club

By Anna Ziss-Patton, DTM

Did you know that almost one-third of Fortune 500 corporations—such as Apple, Bank of America, and Coca-Cola—host Toastmasters Clubs? Corporate clubs like District One’s longtime clubs at Mattel, Northrop-Grumman, and Toyota have thrived. We are excited to introduce the newly chartered corporate clubs at Google, Skechers, Agensys Oncotoast, Oracle, and others.

It’s easy to understand why corporations welcome Toastmasters clubs: *the benefits are tremendous for the members and the company.*

- Toastmasters helps employees become better communicators and speakers, enabling them to succinctly present trainings, corporate results, and new product and sales pitches. Polished speakers represent the company and themselves positively and powerfully.
- Toastmasters offers Table Topics sessions—those magical 1 to 2 minutes when members improve impromptu speaking skills. Everyone needs a 2-minute “elevator pitch” for those precious moments you find yourself face to face with your CEO and want to make a positive impression. This skill is also imperative when interviewing for a new position in the company.
- Toastmasters creates successful leaders. Members learn organizational and time management skills, that are essential in the workplace. Additionally, members learn to plan, coordinate, and facilitate meetings.
- Toastmasters encourages members to work effectively in teams to create and implement strategic plans and coordinate meetings and events. These management skills are directly applicable to all corporate jobs.
- Toastmasters prepares members to take on supervisory roles by providing opportunities learn how to offer and receive effective feedback and mentor other members to achieve their goals. Members learn how to become active listeners, which is critical at every level of the corporate ladder.

All of these skills and talents benefit both the employer and the employee. The employer gets to invest in their employees at a very low cost compared to other training programs and the employee gets to feel valued by the company. Many corporations reimburse or cover their employees’ club dues because they recognize the huge benefits they receive from a modest investment. This is a very nice benefit for the employee

Furthermore, for the employee, there is the added perk of convenience. Employees do not have to travel to another location, which can add to cost; they simply go down the hall before, during, or after work. Additionally, if the company is large, the club meetings can serve as a venue for meeting other employees they would otherwise not have had the pleasure of meeting or working with. The club can serve as a place to expand an employee’s corporate knowledge while offering networking and capacity-building opportunities. This can make the workday easier and more pleasant.

All in all, corporate clubs are a win-win for all involved. If you’d like to bring a club to your place of employment, contact Club Growth Director Evelyn Woolridge, DTM at [toastmastersrise.ew@gmail.com](mailto:toastmastersrise.ew@gmail.com).



## Club Spotlight: Belmont Shore, Home to Walkers Who Talk

By Amy Orr (reproduced with permission from [Gazettes](#))

Public speaking is the number one phobia in the United States according to [statisticbrain.com](http://statisticbrain.com). Toastmasters International is an organization designed to help people overcome this fear. According to the Toastmasters website, clubs can be found in 142 different countries. A newly formed Long Beach chapter adds a

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unique option to the standard Toastmasters format: **walking**.

The Walking Talkers Toastmasters are headquartered at Fire Station 8 in Belmont Shore, at 5365 E. Second St. Each first and third Saturday of the month, the group gathers in the station's community room to meet and walk. From 8 to 9:15 a.m., members conduct business inside. Then they head outside to continue talking during a 45-minute walk. Sometimes the group goes around the Naples canals; other times they follow the beach path to the Belmont Pier. Alejandra Alonzo, Area E3 Director for Toastmasters, said she envisioned a walking/talking group after her doctor advised her to exercise more. Alonzo's friend and fellow Toastmaster, Irene Swenson, loved the idea. Together, the two women advanced the concept and formed the Walking Talkers Toastmasters.

Traditionally, Toastmasters meetings start with prepared speeches. Then members practice impromptu speaking. Peers listen and evaluate speakers' strengths and weaknesses. The Walking Talkers follow this protocol. But when their indoor meeting concludes, they interact in a less formal way, talking casually as they enjoy the beach air. Fitness is important to the members and they relish the opportunity to exercise together.

An avid walker, Bradley Lyon was intrigued by the Walking Talkers Toastmasters. Lyon joined the San Pedro Toastmasters three years ago to improve his speaking abilities. He learned to deliver speeches with confidence and watched his leadership skills blossom. "Toastmasters meetings are well organized," Lyon said. "Roles rotate so that everyone has a chance to play each part. The goal is to get everyone participating in each meeting in some way." Lyon said that when he visited the Walking Talkers Toastmasters, he was impressed by the club's format. The feeling was mutual, and the Belmont Shore group soon made Lyon its president.

The Walking Talkers have a strong commitment to health and wellness. Recently, the group has added additional walks to its schedule. At 7:45 a.m. on the second and fourth Saturday of each month, members meet outside the Long Beach Yacht Club for a three-mile seaside stroll. Visitors are always welcome at Toastmasters meetings and walks, organizers said. To find out more about this group and its gatherings, visit the Walking Talkers Facebook page or send an email to [walkingtalkerstoastrasters@gmail.com](mailto:walkingtalkerstoastrasters@gmail.com).



**Spring Open House  
Showcase Months**

**Membership Building  
Campaign**

**April—June 30th 2017**

The first 20 clubs that conduct an Open House from April 1 thru June 30, with a gain of 3 BRAND NEW members enrolled before June 30, will be awarded a \$25 Toastmasters gift certificate. Clubs must advertise their Open House flyer on the District One website and submit verification of new members prior to July 7th.

**Verification:**

- Open House Flyer pdf was sent to Michelle Darlington, [michelledarlington.toastmaster@gmail.com](mailto:michelledarlington.toastmaster@gmail.com), District 1 Public Relations Officer early, in order to promote on District One website [www.district1toastmasters.org](http://www.district1toastmasters.org).
- The club President or Vice President of Membership sends [verification form](#) via email to District One Open House Chair, Athene Puppas, no later than July 7.

**For more information contact Athene Puppas, DTM, 213-272-8063, [athene.puppas@clarkconstruction.com](mailto:athene.puppas@clarkconstruction.com)**

# Save the Date - Upcoming Events

(Get the full details on the [District One Event Calendar](#))

Fri Apr 28, 2017	Division E Tall Tales & International Speech Contests
Sat Apr 29, 2017	Division C Tall Tales & International Speech Contests
Fri May 5, 2017	Division D Tall Tales & International Speech Contests
Sat May 6, 2017	Division B Tall Tales & International Speech Contests
Mon May 8, 2017	DCP Mastermind Webinar Series:
Sat May 20, 2017	<b>District 1 Spring Conference:</b>
Wed May 24, 2017	Speechcraft and Membership Building Training Workshop
Wed May 24, 2017	DCP Mastermind Webinar Series

## Share Your Content!

If you have a story, announcement, or other content you want to share, don't hesitate!

Please keep the following guidelines in mind:

- ☒ Pitch your idea before composing a full-blown article so you can be confident your contribution will be a good fit.
- ☒ Focus on content that will inspire, educate, or otherwise benefit our members.
- ☒ Standard topic areas include member/club spotlights, events, and awards/other recognition. We welcome new ideas.
- ☒ Article length should be around 250-500 words.
- ☒ Articles should be submitted in Microsoft Word format (.doc/.docx).
- ☒ All content is subject to editing.

Send your ideas and drafts to:  
[michelledarlington.toastmaster@gmail.com](mailto:michelledarlington.toastmaster@gmail.com)

Check us out online at:

[district1toastmasters.org/](http://district1toastmasters.org/)

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