

# TOASTMASTERS DISTRICT ONE



District Newsletter

January 2017

Greetings District 1!

As we enter the second half of the Toastmaster year, most of you are working on completing educational awards and helping your clubs reach Distinguished or better status. Because of your commitment to excellence, I am confident that you will reach your individual and collective goals.

This past Saturday, we held our second Toastmaster Leadership Institute (TLI) at the beautiful Crowne Plaza Hotel in Redondo Beach. You had the opportunity to learn more about the path to Distinguished, teamwork, and how your role plays a significant part in the success of your club. There is an African Proverb that says, "If you want to go fast, go alone. If you want to go far, go TOGETHER." As we continue on this journey, remember that you have the support of your fellow club members and the district to finish strong!

We have wonderful tools and incentives at [www.district1toastmasters.org](http://www.district1toastmasters.org) that will help you reach YOUR goals. Be sure to check out our new District program, the "Wall of Together," and see how your club can participate and be recognized. We are in this TOGETHER! Congratulations to all of our clubs who have already earned goals! Keep up the great work! I am inspired by you every day. **Continue to travel on the thrust of one another and thrive! Together we can!**

Jessica Allen, DTM  
District 1 Director



## 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

- DCP Corner
- Club Growth Team
- District 1 Wall of Together Chart
- Member Spotlight: Hannah Cowherd, President of Speak Up @ Anderson
- Club Spotlight: Heart Centered Toastmasters
- Upcoming Events

## District One Spring Conference May 20, 2017

Crowne Plaza Redondo Beach, 300 North Harbor Drive, Redondo Beach, CA 90278

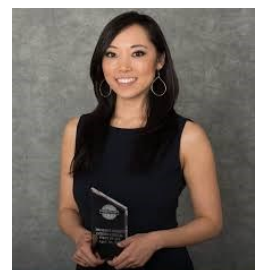
Registration is now open at <https://districtonespringconference2017.eventbrite.com>

Your early bird registration of \$75 gets you access to:

- Keynote & Educational Speaker Craig Valentine, MBA 1999 World Champion of Public Speaking, Motivational Speaker, Speech Coach
- Leadership Breakfast Speaker Josephine Lee, Motivational speaker, 2016 Third Place World Champion Speaker, Founder at The Pointe Shop, Inc.
- Tall Tales & International Contest
- And much more

More details will be available soon on [district1toastmasters.org](http://district1toastmasters.org).

Questions? Contact [district1tmconference@gmail.com](mailto:district1tmconference@gmail.com)



# DCP Corner: The Distinguished Club Program (DCP)

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



## Mark Your Calendar:

Club Officer Makeup Training Dates now available:

<http://district1toastmasters.org/district-calendar/>

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

<b>Club Success Planning</b>	Present your <i>Club Success Plan</i> at the January club meeting and receive a \$25 Gift Certificate. Send a copy of the agenda or video of the presentation. Receive an additional \$25 for inviting your <i>Area Director</i> to help build the success plan (see the free download of the Club Success Plan at the bottom of this page).
<b>Speech-A-Month</b>	Give a speech every month between January – 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 One 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 <b>"1<sup>st</sup> Timers Club" of District One</b> . 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 in achieving your first educational award for inclusion in the District One newsletter. Include your name and 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)

## Congratulations to the following clubs that have achieved 5 or more DCP goals thus far:

West Hollywood Toastmasters (8 goals)		
Fox Talkz Toastmasters (7 goals)	Lakewood Toastmasters (7 goals)	Long Beach Gavel Club (7 goals)
Sand and Sea Speakers (7 goals)	South Bay Toastmasters (7 goals)	Toasted Fridays (7 goals)
Culver City Toastmasters (6 goals)	Peninsula Toastmasters (6 goals)	Praisemasters (6 goals)
Toast of the Bay (6 goals)	Toyota Club (6 goals)	Westside Toastmasters (6 goals)
Bay Cities Club (5 goals)	Century City Toastmasters (5 goals)	Compton Elite Communicators (5 goals)
Demosthenes Wannabees (5 goals)	Professional Women Toastmasters (5 goals)	Speakers by the Sea (5 goals)
Speak Out! (5 goals)	Trojan Speech (5 goals)	VA Oracles (5 goals)

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!

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

[10 Goals to Take your Club to the Top](#)

[\\*\\*FREE Download \\*\\* -- The Distinguished Club Program and Club Success Plan](#)

[Tracking your Club's Achievement of the DCP Goals](#)

[Learn about Toastmasters International's new Pathways Program](#)

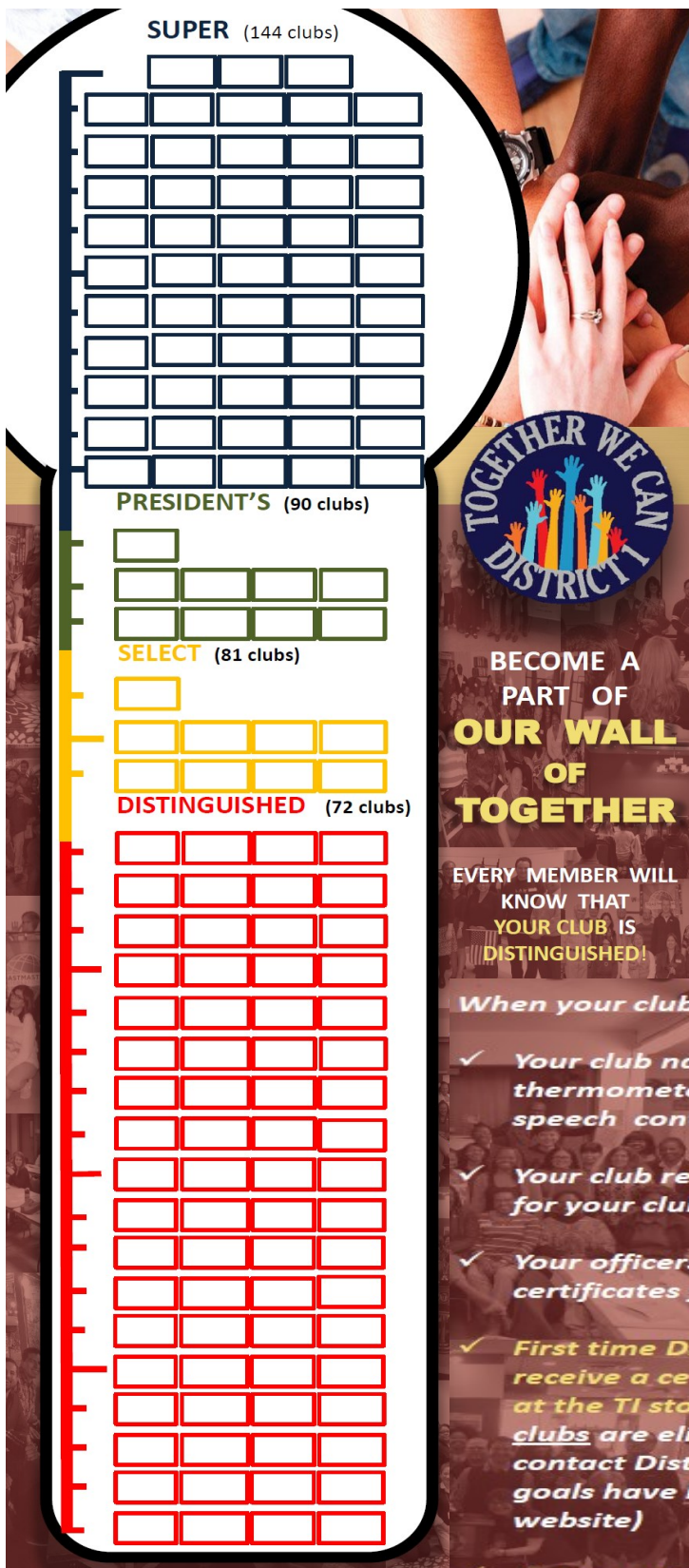
### DCP Mastermind Webinar Series

***How Officer Training Will Help the Success of Your Club!***

Wednesday, January 25<sup>th</sup>, 7pm

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)



For More details go to  
[www.district1toastmasters.org](http://www.district1toastmasters.org)

BECOME A  
 PART OF  
**OUR WALL  
 OF  
 TOGETHER**

EVERY MEMBER WILL  
 KNOW THAT  
 YOUR CLUB IS  
 DISTINGUISHED!

*When your club earns 5 DCP goals*

- ✓ *Your club name goes on this thermometer, shown at every speech contest and District event*
- ✓ *Your club receives a special patch for your club banner.*
- ✓ *Your officers earn special gift certificates for the TI store*
- ✓ *First time Distinguished Clubs receive a certificate worth \$100.00 at the TI store! (Only the first 30 clubs are eligible. Club must contact District Director when goals have been posted to the TI website)*
- ✓ *Clubs receiving Distinguished status for first time in over a year receive certificate worth \$100.00 at the TI store! (Only the first 30 clubs are eligible. Club must contact District Director when goals have been posted to the TI website)*

# Club Growth Team: Working Hard for the Members

By Evelyn Woolridge, DTM, Club Growth Director

Our club growth team has two major areas of focus: ***build new clubs and support existing clubs to achieve excellence***. Our team is so amazing! They have been working relentlessly to serve our members, our clubs, and our leaders. What I love most is the passion and dedication working in the vibration of their excellence. Here are the highlights:

- ✂ I need to commend the Community Outreach team lead by Choon Mah-Megett who consistently gathers District leaders and volunteers to coordinate street fairs, farmer's markets, and special events. With each monthly event, we are moving closer towards our district goals.
- ✂ I am proud to acknowledge our entire New Clubs team lead by Karen Persip, DTM, Club Extension Chair, and all of our six Assistant Division Directors for Club Growth in each Division, and our Sponsor/Mentor Chair, Rodger Cota, DTM, PDG. They are not only helping to build clubs, they are also filling in the gaps to ensure that new clubs are mentored in excellence to build strong foundations by providing incredible, fun, educational workshops every two months. As a result, in the next four weeks we have 7 scheduled demonstration meetings throughout the district. Six out of the seven of these new club demos will be in corporations. If you have time to help us, we may be able to add you to our current demonstration team. Better yet, volunteer to become one of these new clubs' Mentors and make a difference in the lives of others.
- ✂ We have a dedicated Club Coach Chair, Larry Lee, DTM. He not only conducts "Cheerful Chatter" among all of his Club Coach bimonthly training workshops, he is also strategically placing trained Coaches throughout the district to clubs that are in a vulnerable, lower-than-normal membership dilemma. We are blessed with a passionate Speechcraft Chair, Janet Cormier, DTM. She is consistently training and beginning Speechcraft sessions in clubs that are challenged with low membership. As a result, both Chairs are spearheading our clubs to fulfill our mission; to support each club to achieve excellence.
- ✂ For our second membership-building contest, we have created and printed thousands of "Join Us" business cards for each officer trained at TLI. Our Club Retention Chair, Dolores Corpus, DTM, has compiled 500 plastic binders with thousands of business cards. These cards begin our Talk-up-Toastmasters contest to add 5 new members between February 1 and March 31<sup>st</sup>. Those clubs that reached the Smedley, Talk-up-Toastmasters, and Beat the Clock will win an additional \$50 Toastmasters International gift certificate.

We have so many other team members that are quietly monitoring and adding value to our district membership growth. They are creating statistical data for our team or setting up Meetup sites for clubs. For example, our Holiday Cheer Chair, Sherry Wray, ACS, CL, spearheaded Holiday Gift of Membership campaign ending in January; and Athene Puppas, DTM, Open House Chair, is tracking all the January open houses resulting in 3 or more new members so members and clubs can be recognized.

As a result, everyone on our team is contributing to make their home clubs strong and making valuable team contributions so we can plan well and make sound strategic decisions for our District. I am one proud mama watching our team shine.



# Club Spotlight: Heart Centered Toastmasters wins 2016 “Best of Culver City Award” - Community Organization

*Reproduced from the Culver City Award Program Press Release*

Each year, the Culver City Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Culver City area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2016 Culver City Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Culver City Award Program and data provided by third parties.



## About the Culver City Award Program

The Culver City Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Culver City area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Culver City Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations, and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

---

## Member Spotlight: Interview with Hannah Cowherd, President of Speak Up @ Anderson

*Interview by Donna Robinson*

**DR:** Tell us about Speak Up @ Anderson.

**HC:** I have to first and foremost thank you, Donna Robinson, for bringing Toastmasters to UCLA Anderson School. Donna, you are dedicated to making sure a project is completed. Anyone who is blessed to have had the privilege to work with you knows just how dedicated you are. On several occasions, I've had the opportunity to see your projects blossom into successful events, programs, and reports. It's kinda fun to see a visionary at work. Donna, you had the vision to bring Toastmasters to Anderson and you did it. Thank you for being that visionary person in my life.

Rob Weiler, Associate Dean and Elena Marentes, Director of Human Resources, thank you for allowing UCLA Anderson to host our meetings at Anderson. Your support has helped make Speak Up @ Anderson successful. Our club allows staff at UCLA to be in a safe environment where they can practice their public speaking skills. We offer a great location and have two of the best Toastmasters mentors any club can have. Our mentors are Lola Love and Jon White. Our club meet twice a month (every 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month).

**DC:** What you think makes the club unique?

**HC:** We function well as a “baby club.” With the guidance of our mentors and training and leadership from our

*(Continued on page 6)*

Area Director, we have reached our goals to make our club a President's Distinguished club. All of this we did within our first year of being chartered.

Our club is comprised of staff members all over UCLA campus. We share so many different backgrounds and experiences with each other. Our diverse group makes our speeches interesting, sometimes educational, and many times comical. We take each speech as a learning tool. We remember what each evaluator says about our speeches and try to make that mental note to improve our next speech. We truly learn from each other.

**DC: What have been some of your learning lessons with a new club?**

**HC:** Being the President of a new club is a huge responsibility and learning experience. Because we are a new club we are prone to make a few mistakes. With each mistake is a lesson learned. Mistakes can only make us stronger and open to understanding what we can do better as a club. For example, during the summer many of our members were on vacation. I wanted to cancel a meeting because I did not have enough people volunteer to take a functionary role, but I kept the meeting. During it I called on individuals to take on roles. At first I was apprehensive in asking, but I explained how taking on a functionary role will put you one step closer to completing your CL & CC goals. From now on I will do just that; call on people during the meeting if we don't have enough sign-ups in advance.

I have learned that it takes patience and dedication to keep a club going. If a Board Member can no longer fulfill their obligation, the club should not stop running. I just picked up the responsibility and will keep it rolling until we have our next election. That was a huge lesson on my part to never give up.

**DC: What do you think has made your club so successful?**

**HC:** Speak Up @ Anderson has dedicated members who want to see our club succeed. We are fortunate to have great Toastmasters mentors who constantly gives us encouragement and advice during our meetings. We also have some dynamic creative minds on our Executive Board. Jessica McGruder volunteered to create a newsletter and did it! Angela Horne volunteered to create our website and is working on that project as we speak. Ramona Griffin has volunteered to be the chair of our raffle-based fundraising project. We are looking forward to having an even better year in 2017.

**DC: Why did you join Toastmasters and how has it helped you in your current role of President?**

**HC:** I joined Toastmasters because you asked me to join. But really, I joined because I was curious to see what it was all about. I wanted to know exactly how they (Toastmasters) would make me a better public speaker. I had a deep fear of public speaking because whenever I spoke in a small group or in front of a larger audience I would foresee myself standing or sitting frozen without having anything to say. That was a thought I always had and I wanted that to go away.

So far, I can say that I don't have that fear anymore. Just being in Toastmasters has made me automatically count the number of filler words (ums, likes, you knows...) I hear in my own conversations and in other speeches I hear on campus and in the media. It's kind of funny that whenever we have a general assembly staff meeting or a town hall meeting, I start to count the number of ums and ahs in the speeches. Then after the meeting my fellow Toastmasters glance at each other and smile because we know that we've all been counting the ums and ahs.

My hope is to have Speak Up @ Anderson participate in several competitions and gain more active members. I am confident that we will have a stronger club this coming year.

# Save the Date - Upcoming Events

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

January 24, 2017	Division E Club Officer Makeup Training
January 24, 2017	Division F Club Officer Makeup Training
January 25, 2017	DCP Mastermind Webinar Series
January 30, 2017	Division D Club Officer Makeup Training
January 31, 2017	Division B Club Officer Makeup Training
January 31, 2017	Division C Club Officer Makeup Training
January 31, 2017	Division F Club Officer Makeup Training
February 2, 2017	Club Coach Training/ Club Sponsor & Mentor Training
February 4, 2017	Division A Club Officer Makeup Training
February 6, 2017	Division C Club Officer Makeup Training
February 10, 2017	Division D Club Officer Makeup Training
February 13, 2017	DCP Mastermind Webinar Series
February 15, 2017	Division E Club Officer Makeup Training
February 16, 2017	Division B Club Officer Makeup Training
February 18, 2017	Division A Club Officer Makeup Training
February 22, 2017	DCP Mastermind Webinar Series
February 26, 2017	Presidents' Luncheon
February 28, 2017	Division B Club Officer Makeup Training

## 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/)

Join us on Social Media:



DistrictONEToastmasters



DistrictOneTM



[district.1.toastmasters](#)

