

TOASTMASTERS DISTRICT ONE



District Newsletter

March 2017

BRAVO District 1!

Congratulations to all of you who have decided to continue your journey in Toastmasters! Renewing your dues means you will continue to experience the many benefits of the Toastmasters program. It means that every single day, you are committed to becoming a better person than you were yesterday. You are becoming a better speaker and leader while building an impressive network of Toastmaster friends here and around the globe. A favorite quote of mine says, "The goal is not to change who you are, but to become more of who you are at your best."

Fellow Toastmasters, continue to become the best version of yourself as we end the year strong and celebrate your achievements. So many of you have now completed educational goals, while others are close to reaching the goals you set for yourself in the beginning of the Toastmasters year. I encourage you to keep pressing forward! You're doing an amazing job!

In April, you can expect exciting Division contests where you'll hear what could be the next World Champion of Public Speaking! We'll also celebrate you for earning educational achievements. Many of your clubs will add their name on the "Wall of Together" as a Distinguished or better club. What an exciting time in District 1! We are all reaching new goals every day. Keep up the great work!

As we continue this journey TOGETHER, remember that we are cheering you on. Individually we are one drop but TOGETHER, we are an ocean. Stay excellent!

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."

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For more information about contests and other events happening around District 1, visit us at www.district1toastmasters.org.

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: DCP Mastermind Webinar Series *RSVP to district1dcp@gmail.com*

Every 2nd Monday and 4th Wednesday from 7:00—7:45 (New topic each month!)

Monday, April 10th - Dana LaMon, AS, WCPS

“Effective Speech Development Strategies: Getting the Message Across”

Wednesday, April 26th - Tamala Takahashi, DTM, PDD ~ *“Write a Speech in 5 minutes”*

<https://global.gotomeeting.com/join/733040237> ~ Dial (872) 240 -3412; Access Code: 733-040-237 (Audio Pin: #)

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

Speech-A-Month	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
Spotlight on You	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.
1st Timers Club	Complete your 1 st educational award during July 1 – June 30 and you will become a member of the <i>“1st Timers Club” of District One</i> . There will be special recognition at the Spring Conference on May 20 th 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 1 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

Recognizing 11 Clubs that have achieved Distinguished or Better
(with 20 or more Membership Renewals or net growth of at least 5 new members since July 1)

PRESIDENT’S DISTINGUISHED	
Fox Talkz Toastmasters (10 goals)	West Hollywood Toastmasters (9 goals)
SELECT DISTINGUISHED	
Aquarium of the Pacific Wavemakers (8 goals)	Praisemasters (8 goals)
Bay Cities Club (7 goals)	Century City Toastmasters (7 goals)
Professional Women Toastmasters (7 goals)	Torrance Chamber of Commerce (7 goals)
Westside Toastmasters (7 goals)	
DISTINGUISHED	
Santa Monica Club 21 (5 goals)	Refined Speakers (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 with the contact information for your preferred recipient. Your letter will be on its way!

In order to be Distinguished or better by June 30th 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](#)

District 1 Toastmasters Spring Conference 2017

*The Bridge from
Practice to Purpose*



Join us on May 20th 7:00am –4:30pm

[Crowne Plaza, Redondo Beach Pier and Marina](#)

300 N. Harbor Drive
Redondo Beach, CA 90277

Top 6 reasons to Register Now!

Early Bird Registration Full Day \$75 until May 16th or \$85 thereafter (Half Day is \$50)

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

For more information and to register go to

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

*Questions? Want to hear about sponsorship and advertising opportunities? Want to donate a raffle prize?
Contact*

district1tmconference@gmail.com

1. The Keynote & Educational Speaker is Craig Valentine: 1999 World Champion of Public Speaking, Motivational Speaker, Speech Coach



2. Leadership Breakfast Speaker is Josephine Lee: Motivational speaker, 2016 Third Place World Champion Speaker, Founder of The Pointe Shop, Inc.
3. During the Business Meeting we will be voting for the 2017-2018 District Leaders and the Lydia Boyd Communication/Leadership Award recipient.
4. The winners of the Division Tall Tales & International Contests will be competing.
5. Hall of Fame Luncheon will honor ALL members with a new designation, our newest Distinguished Toastmasters, and the Roy D. Graham Lifetime Achievement recipient
6. The ability to showcase your club through an advertisement in the conference program

Join us on Social Media by sharing “How Toastmasters is Helping You Live Your Purpose!”

Using the hashtags **#D1SpringConference** and **#Practice2Purpose**, share your story on our Social Media sites



DistrictONEToastmasters



DistrictOneTM



district.1.toastmasters

Club Growth Team: Working Hard for the Members

By Evelyn Woolridge, DTM, Club Growth Director

Our club growth team is so excited. During these past two months, we've been passionately burning the candle at both ends. Our team has been instrumental assisting existing clubs with membership-building recommendations as well as enlisting their time, energy, and passion for new club demonstration kickoff meetings. As a result, our existing clubs are becoming stronger and thriving with more members through our membership building programs: Club Coach Program, Speechcraft, Community Outreach, Open Houses, and Social Media assistance. We've chartered more new clubs these past two months including Infineon and Beyond, Agensys OncoToast, District 1 Trail Blazers, Google LA Toastmasters, and two Oracle clubs.

We're working on chartering several community clubs very soon: Walking Talking Toastmasters, UCLA Extension, San Pedro YMCA, Long Beach City Hall, and the Long Beach Douglas Business Park. With these new clubs, new Club Mentor opportunities will be available. If you have time we appreciate your support on our current demonstration team or as a new club Mentors. Make a difference in the lives of others as well as your own.

We'll be recognizing clubs that have gained 3 or more new members in the January Open House membership campaign during Division Contests. For the Talk-up-Toastmasters membership-building contest, we have created and printed thousands of the "Join Us" business cards. These cards are for all club members to use to invite guests to their club meetings. This is in anticipation of gaining 5 new members between the months of February 1 through March 31. Those clubs that achieved the Smedley, Talk-up-Toastmasters, and Beat the Clock will win an additional \$50 Toastmasters International gift certificate.

We have so many dedicated Club Growth team members that it's difficult to highlight one without an equally amazing tribute to another team member. All I can say is that I am truly inspired by their dedication and commitment to our District and their relentless volunteer hours striving for excellence.

I'm very proud to serve alongside our Club Growth Team members as each of us represents our talents as a gift to District 1. Mother Teresa said, "You cannot do what I can do, I cannot do what you can do...together we can do something beautiful for God."

Member Spotlight: Margaret Costa & Alan Costa-Block

by Margaret Costa

My son was only 9 years old when I joined Harbor Lights Toastmasters. Rather than leave him at home alone, I took him to the meetings with me. He would sit at the table with us and members would throw him some questions. Sometimes he just listened. At other times, he would sit at a remote table and do his homework.

I was a very shy and self-conscious person. English being my second language, I wanted to perfect my communication. However, being shy, having a soft-spoken voice, and being afraid of public speaking, my results were compromised. I am an international salesperson who can speak and communicate in 5 languages. I travelled around the world selling security inspection systems to the transportation security market. I did not have a problem communicating the values of my offerings to my customers but my communication with my employer was limited.

When I joined Toastmasters, I was afraid to come out of my comfort zone and find my voice, but my desire and need to build my self-confidence was stronger. I thought, "if I persist, I will overcome my fears." I was determined to succeed. At every meeting, I had a prepared speech. A few months into the program, I realized I was no longer fearful; I was enjoying my experience. My fear started dissipating; my relationships with my employer, my customers, and my friends improved; and I felt more confident about myself. My son witnessed my progress at Toastmasters; indeed, he was very much part of the experience.

He graduated from high school at 17 years old. He decided that he would enter the business world; his vision is to build a brand that will inspire and create value in people lives. He has brilliant ideas but is self-conscious and a bit introverted (although not as much as I was). When he was 18 years old, I talked to him about the importance of being self-assured when you want to sell your ideas to investors, associates, and others. I always spoke to him about the importance of believing in yourself. I told him people believe in people who believe in themselves. It's important to have a clear and confident approach to verbal communication. When you are confident your verbal communication and body language are in unison, and that exudes credibility.

It did not take much effort to convince him to join the club. Toastmaster was part of his upbringing; he understands that Toastmasters will help him find his voice and will give him the confidence he needs to sell his ideas and become successful as he works relentlessly every day to achieve his vision. He is 19 years old now, the youngest member of our club. Today, as president of my club, I am committed to empower and inspire not only my son, but all Toastmasters members to achieve great results.

Club Spotlight: Praisemasters

Chartered in 2008, Praisemasters is the home club of a number of past and present District 1 leaders, including District Director Jessica Allen, District Administration Manager (and past District Director) Joan Lewis, District Finance Manager Gwynne Evans, and District 1 Chief Judge Diane Markham. Immediate Past District Director Joyce Howard is also an active member. ***Does that mean you must be a DTM to join?*** Not at all! Praisemasters welcomes members at all levels of experience.



We've been President's Distinguished every year since the charter year, and will be President's Distinguished this year as well (we are already Select Distinguished). However, like any club, we experience our share of challenges. With a strong Executive Board to brainstorm, these are a few of the solutions we've come up with:

Members who are not tech-savvy

As a first step, we voted to purchase a projector so that members could gain practice in giving presentations in the club. The projector was funded through raffles that we held at each of our Open Houses, and member donations. After over a year, we reached the goal and purchased the projector last month! Members are also encouraged to sign up for roles using the agendas on the club website, to get more comfortable going online. *This challenge is a work-in-progress.*

Ongoing education for members

New members sometimes don't know what questions to ask, and more experienced members may also need refreshers. Various methods are used: educational moments (a few minutes at the beginning of each meeting where the President or VPE shares a nugget of information); educational speeches by the officers (one scheduled per month); and periodic themed meetings on educational topics.

Role evaluations

We have instituted the functionary role of the CL Evaluator. This individual evaluates either the Toastmaster, the General Evaluator, or the Table Topics Master (on a rotating basis), using the CL Manual and delivering an oral evaluation. This helps all the members as well as the individual receiving the evaluation.

If you are looking for a club where you will receive a warm welcome, helpful encouragement, and a high degree of quality in all that we do, don't look any further than Praisemasters. We welcome you to come visit us and experience **Friday Night Live** where we laugh, applaud, and have a wonderful time!

Praisemasters
L.A. Shabach Foursquare
Church Community
Room
4300 W. Slauson Ave.
Los Angeles, CA 90043
Fridays 6:30 pm to 8:30 pm

Save the Date - Upcoming Events

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

Fri Mar 31, 2017	Area D3/D6 Tall Tales & International Speech Contests
Sat Apr 1, 2017	Area B1/B2 Tall Tales & International Speech Contests
Mon Apr 3, 2017	Area F4/F6 Tall Tales & International Speech Contests
Wed Apr 5, 2017	Spring Conference Meeting
Thu Apr 6, 2017	Area E4/E5 Tall Tales & International Speech Contests
Thu Apr 6, 2017	Sponsor/Mentor & Coach Training Workshop
Fri Apr 7, 2017	Area D1/D4 Tall Tales & International Speech Contests
Sat Apr 8, 2017	Area B4/B5 Tall Tales & International Speech Contests
Mon Apr 10, 2017	Area F3/F5 Tall Tales & International Speech Contests
Mon Apr 10, 2017	DCP Mastermind Webinar Series
Wed Apr 12, 2017	Area E1/E2 Tall Tales & International Speech Contests
Mon Apr 17, 2017	Club Growth Meeting
Fri Apr 21, 2017	Area B3/B6 Tall Tales and International Speech Contests
Sat Apr 22, 2017	Division A Tall Tales & International Speech Contests
Mon Apr 24, 2017	Division F Tall Tales and International Speech Contests
Wed Apr 26, 2017	DCP Mastermind Webinar Series
Thu Apr 27, 2017	District One Speakers Bureau Educational Speaker Series – Mimi Donaldson, “Be Pitch Perfect Any Time”
Fri Apr 28, 2017	Division E Tall Tales and 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: How to Become a Distinguished Club
Sat May 20, 2017	District 1 Spring Conference: “The Bridge From Practice to Purpose”
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

Check us out online at:

district1toastmasters.org/

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