

# Catch a Star, Illuminate Your Dreams!



Toasmasters District 57 Spring Conference

May 12, 2007

Diablo Valley College

321 Golf Club Road

Pleasant Hill, CA 94523



# DVC CAMPUS

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Pleasant Hill, CA 94523-1544  
(925) 685-1230

[www.dvc.edu](http://www.dvc.edu) **TM Educational Sessions** →

### Registration

- Admissions Office  
SS Building 1<sup>st</sup> floor  
at the Quad
- ★ Parking permit machines  
(8 quarters)  
Term-length permits available  
at Cashier's Office, SS

- ☎ Public phones
- ⚡ Emergency Alert
- 🚭 Smoking is only permitted in the central Quad and parking lots

Division offices		
①	Applied & Fine Art	H 112 B 3
②	Biological & Health Sciences	SC 100 DE 1
③	Business Education	BFL 204 B 2-3
④	Counseling and Library Studies	C 11 D 3
⑤	English	FD 136 CD 2
⑥	Math & Computer Science	MA 267 D 4
⑦	Physical Education, Athletics & Dance	PE 104 D 6
⑧	Physical Science & Engineering	PS 263 E 2
⑨	Social Science	FO 136 C 2

### Student Services Center

<b>Admissions and Records</b>	Cashier	Financial Aid
Assessment	Cooperative Education	Information Center
CalWORKS	Disability Support Services	International Students
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# Catch a Star, Illuminate Your Dreams!

Diablo Valley College • 321 Golf Club Road  
Pleasant Hill, CA

Diablo Valley College

PAC - Performing Arts Complex

Classrooms - Mathematics Building

Trophy Room – Registration, Wall of Fame

Duck Pond – Hall of Fame Luncheon

7:00 am - 2:00 pm	Registration Desk in Trophy Room, North End of Cafeteria			
7:00 am - 7:55 am	Credentials Check-In (Trophy Room)			
8:00 am - 8:45 am	FIRST TIMER'S MEETING (PAC)			
8:00 am - 9:10 am	BUSINESS MEETING (Cafeteria)			
9:15 am - 10:00 am	Opening Ceremonies Keynote Address: Craig Valentine -- 1999 World Champion of Public Speaking (PAC)			
Educational Program Tracks	Leadership	Life Skills	Advanced Speaking Skills	Beginning/Intermediate Speaking Skills
10:15 am - 11:00 am	Parliamentary Procedure "Light"	"They Are Driving Me Crazy!" -- Dealing With Conflict	Toastmasters and TV	Making Each Word Count!
FIRST SESSION	Marcia & Rick Sydor (Room MA 103)	Johnny Campbell, DTM (Room MA 101)	George Marshall and Dave Orris (Room MA 104)	Roger Lee (Room MA 105)
10:15 am - 10:45 am	During Educational Session I: Contestants for Table Topics Contest meet in PAC Judges, timers, vote counters for contest -- Meet in PAC—Green Room			
11:15 am - 12:15 pm	TABLE TOPICS SPEECH CONTEST (PAC)			
12:30 pm - 1:45 pm	Buffet Lunch & Hall of Fame - Recognition & Awards Duck Pond - Behind Student Center—Weather Permitting			
2:00 pm - 2:50 pm	Sharing the Load: How to Use Delegation	Effective Oral Communication Between Native & Non-Native Speakers of American English	Master of Enthusiasm!	Getting the Most out of Toastmasters
SECOND SESSION	Billie Jones (Room MA 103)	Jyl Cohen (Room MA 104)	Suezy Proctor, DTM, ID (Room MA 105)	Johnny Campbell, DTM (Room MA 101)
2:50pm - 3:00 pm	BREAK - Outside Classrooms – Refreshments in Room MA 102			
3:00 pm - 3:50 pm	The Life Blood of Toastmasters: Attract & Retain Members	It's OK to Color Outside the Lines!	Speaking From the Heart With Passion	Story Telling: Making the Story our Own
THIRD SESSION	Phil Taylor (Room MA 103)	Marge Jensen (Room MA 104)	Tevis Thompson (Room MA 101)	Jean Ellisen and Susan Ford (Room MA 105)
3:00 pm - 3:45 pm	During Educational Session 3: Contestants for International Contest meet in PAC Judges, timers, vote counters for contest-- Meet in PAC Green Room			
4:00 pm - 5:30 pm	INTERNATIONAL SPEECH CONTEST (PAC)			
5:30 pm - 6:00 pm	AWARDS / CLOSING CEREMONY			

After the Conference...Please join us for a Post-Toasties gathering at nearby location. More information will be provided during the conference. -- All are welcome!

# Welcome to the 2007 Spring Conference!

## A Message from Your District Governor, Abe Ghanbari



Greetings Fellow Toastmasters!

As we survey our achievements as a whole from the vantage point of a toastmaster, the district theme “**Illuminate Your Dreams**” seems entirely apposite. We illuminate our dreams by setting goals to achieve in our daily lives when we become a toastmaster. The journey to our goals is sustained and encouraged by “**The Vision of Toastmasters International**: Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.”

The renowned French novelist, Anatole France said: “To accomplish great things, we must dream as well as act.” And it is true. The mere possibility of achieving our full potential and realizing our dreams hinges on our ability to follow through well-conceived plans. Quixotic plans and convoluted paths are doomed to fail and prone to disappointments. Thankfully, the Toastmasters International proven educational program is a blueprint for success. Albeit, success in all endeavors depends upon follow-through.

Whether you are a neophyte or experienced toastmaster, you might ask yourself how toastmasters programs can help me. Fortunately, the answer to your question could be found in the bifurcated proven educational program offered by Toastmaster International – Leadership and Communication Program Tracks.

You can chart your own course – If you would like to hone your communication skills, start with working on the first projects in the communication track. Upon successful completion of the projects, you will achieve your **Competent Communicator (CC)** award. You might want to enhance your communication skills by following through the advanced communication program. In this part of your journey, several advanced projects allow you to achieve your **Advanced Communicator Bronze (ACB), Advanced Communicator Silver (ACS), and Advanced Communicator Gold (ACG)**.

The leadership track prepares you for the challenging leadership roles you would like to take on in your life. Your training starts with completing your basic leadership skill development projects. Upon successful fulfillment of the projects, you will achieve your **Competent Leader (CL)** award. You might wish to continue your assurgent in the leadership roles by completing several demanding projects leading to the **Advanced Leader Bronze (ALB) and Advanced Leader Silver (ALS)** awards.

Once you have successfully fulfill all the requirements in the two educational tracks you will be endowed with the most coveted toastmasters award called **Distinguished Toastmasters (DTM)**.

Simply, the Spring Conference is the confluence of the two educational tracks and provides a milieu to celebrate the achievements and appreciate the diversity of our members.

In closing, I thank each of you most heartily for making me so inexpressibly happy by your presence on this impressive and, for me, anyway, memorable occasion. As I reflect on my year as your District Governor, I am reminded how fortunate I am being associated and working with you. I know how many times a year you are called upon for help. I can readily appreciate the strain on your time. Nevertheless, I ask that you consider recruiting at least one new member to your club between now and the end of June. Furthermore, as you mull over the events of today, stop to observe and start to excogitate your next dream - “**Catch a Star, Illuminate Your Dreams!**”

Abe Ghanbari, DTM

District 57 Governor



Greetings —

Tyree Johnson, ATMV/CL,  
Lt. Governor of Education and  
Training

Dear Conference attendees,

On behalf of the District 57 leadership I greet you!

Just as we deftly encourage newcomers to give their icebreakers at our clubs, I believe it's essential that all of us make our first-timers feel welcome and at ease. Your smiling face and wise counsel may be the antidote to their unease.

Please be sure to thank Victoria and her fine team for the outstanding effort that went into organizing this conference. They have laughed, cried, and experienced every emotion in-between while putting this event together for the past three months. They have taken a spark of an idea and created a fantastic program for your benefit.

I want to encourage you to consider volunteering for the Spring Conference 2007 or next year's Fall Conference. Each of you has talent and skill needed to make the upcoming conferences even better. By attending this conference you have demonstrated that you want to learn and grow expediently through the Toastmasters program.

We hope you enjoy today's program and find it enriching in every way. Thank you all for joining us as we all "*Catch a Star, Illuminate Your Dreams.*"

Sincerely,

E. Tyree Johnson

District 57 Lt. Governor Educational and Training



2006-2007 District Officers

District Governor Abe Ghanbari, DTM

Lt. Governor, Education & Training E. Tyree Johnson, ATMB, CL

Lt. Governor, Marketing Ashley Harkness, ATM-B

Public Relations Officer Cynthia Dorsey, ATM-S, CL

Treasurer Rubette Cowan, CTM

Secretary Carie Featherstone, ATM-B, CL

Sergeant at Arms Nelson Roque, CTM

District 57

2007 Spring Conference

Committee Chairs

Conference Chair	Victoria Bianco
Educational Workshops	Justin Lola
Registration	Bill Meyn
Contests	Jim Thomas
Program and Hall of Fame Luncheon	Stephanie Butler
Promotion and Publicity	Paul Hunt
Friday Night Showcase	Tyree Johnson
First Timers Session	
Opportunity Baskets Competition	Suzanne Gooch
Bookstore	
Decorations	Trish Johnston
Finance	Karen Vecchi
Sergeant-At-Arms	Mike Garvey

A special thank you from Victoria Bianco, Conference Chair...



Keynote  
Speaker



## Craig Valentine

1999 World Champion of Public Speaking

Craig Valentine, MBA, works with individuals and organizations on becoming champions through leadership, communications, and motivation. In very high demand, Valentine now holds programs in the U.S., Canada, Taiwan, England, and Jamaica. Some of Craig's honors are a Congressional Achievement Award (given by U.S. Congressman Elijah Cummings), a Citizen Citation from Baltimore Mayor Martin O'Malley, and a Resolution from the Baltimore City Council for excellence in public speaking. A high-energy speaker who inspires, motivates, and entertains Craig offers a variety of keynote addresses and seminars.

### What others have said:

Craig Valentine is not only the 1999 World Champion, but he is an incredible talent who shares content, character, and creativity that will change your life and your organization.

*Willie Jolley, Author of National Best Seller  
It Only Takes Minutes to Change Your Life*

Craig's presentation was dynamic and inspirational, energizing and entertaining. He is one of the most accomplished speakers I've ever had the pleasure of witnessing and one of the most sincere in his words. It was a truly amazing experience to participate in.

*Jackie Hunt  
Principal Financial Group*

**For more information on Craig Valentine and other World Champion  
Speakers go to: <http://www.worldchampionspeakers.com/>**

# GIVE YOURSELF AN EDGE!

In this competitive job environment, what is one of the key components to a successful speech or interview? Effective communication skills, that's what. Good leaders are able to convey their messages succinctly and clearly. How do you envision yourself as a communicator and leader? Do you pepper your messages succinctly or with distracting "ahs," "ums," and "you knows"?

## The Socialites Toastmasters can help you:

- Unleash your natural wit
- Organize your thoughts
- Increase your listening skills
- Express your knowledge clearly
- Become more persuasive
- Overcome shyness
- Give constructive criticism
- Develop leadership skills



## And Much More!

Where? Alameda County Conference Center  
125 - 12th Street, 4th Floor  
Oakland

When? Tuesday Evenings

Time? 6:30-7:30 p.m.

### For More Information, contact:

- Marie Prevost @ (510) 639-1197
- Mabelle Douglass @ (510) 259-3875



### Special points of interest:

- Briefly highlight your point of interest here.
- Briefly highlight your point of interest here.
- Briefly highlight your point of interest here.
- Briefly highlight your point of interest here.


## Pre-Paid Legal Services

Do you have a current Will and Health Care Directive? Have you ever needed a contract reviewed or explained? Know your legal rights or you will lose them!

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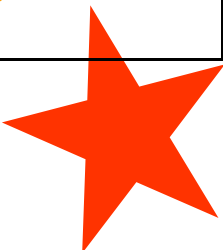
# Workshops – Session 1

First Session 10:15 am – 11:00 am	
<p>Leadership Skills 1</p> <p>Room MA 103</p>	<p><b>Parliamentary Procedure “Light”</b></p> <p><i>Marcia and Rick Sydor</i></p> <p><b>Marcia Sydor   Rick Sydor</b></p>
<p>Life Skills 1</p> <p>Room MA 101</p>	<p><b>“They Are Driving Me Crazy!” – Dealing With Conflict</b></p> <p><i>Johnny Campbell</i></p> <p><b>Johnny Campbell --</b></p>
<p>Advanced Speaking Skills 1</p> <p>Room MA 104</p>	<p><b>Toastmasters and TV</b></p> <p><i>George Marshall and Dave Orris</i></p> <p><b>George Marshall   Dave Orris</b></p>
<p>Beginning &amp; Intermediate Speaking Skills 1</p> <p>Room MA 105</p> <div style="text-align: center;">  </div>	<p><b>Making Each Word Count</b></p> <p><i>Roger Lee</i></p> <p>When people want to influence others, change the world, or just share their opinion, they do it with words. They want others to agree with their point of view, give them what they want, do what they ask and buy what they are selling. There is enormous power in words, but particularly in the precise communication of words that express ideas to the person who hears them. A speech is little more than an assemblage of words, yet the difference between a successfully moving speech and a boring diatribe may be the selection and presentation of a few choice words. In our session we will learn the power of words in a speech, how to effectively “Synergize” your words with other tools, learn the 4 “Spices” of word variety, use professional techniques to make your words and voice “flow”, and learn persuasion and misdirection with words.</p> <p><b>Roger Lee</b> received his Bachelor’s of Science in Biology from UC Berkeley, and his Doctor of Jurisprudence from Santa Clara University. He currently works in the Technology Brokerage group at Clorox in Pleasanton specializing in Intellectual Property. Roger has competed in contests and has coached Speech and Debate at the High School level. Roger is also one of the organizers for the San Ramon Valley Middle School speech contest. Roger is a member of the Diamond Toastmasters in Pleasanton and has served is the Past President and VP of Education.</p>



## Workshops – Session 2

<b>Second Session 2:00 pm – 2:50 pm</b>	
<p>Leadership Skills 2</p> <p>Room MA 103</p> 	<p><b>Sharing the Load: How to Use Delegation</b></p> <p><i>Billie Jones</i></p> <p>In this workshop participants will learn a new way of looking at delegation. You will go away with ideas not only how to delegate, but how to help build new leadership skills for now and in the future.</p> <p><b>Billie Jones</b>, DTM, has been a member of Toastmasters for twenty plus years. She has served in many leadership capacities from the Club level to chairing the Regional Conference in 2003 when it was held in Salt Lake City, Utah. As a workshop leader, Billie has conducted various workshops for Region I Conferences. As a gifted storyteller she has developed educational training sessions using her storytelling skills.</p>
<p>Life Skills 2</p> <p>Room MA 104</p> 	<p><b>Effective Oral Communication Between Native &amp; Non-Native Speakers of American English</b></p> <p><i>Jyl Cohen</i></p> <p>We will address the richness and value of accented speech, as well as the ways in which accents can interfere with optimal functioning both professionally and socially. Explore the essential skills needed for streamlined, clear, and effective communication between native and non-native speakers of American English as we learn proven techniques for readily achieving these goals. Accented speech will be broken down into its characteristic components and patterns as we analyze concrete examples of each element contributing to an accent. Typical error patterns of select ethnic groups will be described, along with strategies for modifying them. Concepts will be vividly illustrated by anecdotal material of clients Ms. Cohen has coached professionally.</p> <p><b>Jyl Cohen</b>, principal of the Accent Reduction Training Institute based in the San Francisco Bay Area, provides cutting edge training seminars in Accent Modification to foreign-born Executives, Scientists, Managers, Engineers, Physicians, and Entrepreneurs both nationally and internationally, who wish to speak American English with clarity, precision, and impact, so they will be readily understood and project a polished professional image when conducting meetings, giving oral presentations, participating in conference calls, speaking with the media, and conversing with colleagues and customers. Ms. Cohen is a Speech and Language Therapist and Accent Modification Coach/Consultant with more than 25 years of combined experience as a Corporate Trainer, Educator, Speech and Diction Coach, and Cross-Cultural Communication Specialist. She has successfully worked with clients from more than 85 different countries.</p>



## Workshops – Session 2, Continued

Second Session

2:00 pm – 2:50 pm

Advanced Speaking  
Skills 2

Room  
MA 105



### **Master Enthusiasm**

*Suezy Proctor*

*“Flaming enthusiasm, backed by horse sense and persistence, is the quality that most frequently makes for success.” Dale Carnegie*

*“Catch on fire with enthusiasm and people will come for miles to watch you burn.” John Wesley*

*“Your enthusiasm will be infectious, stimulating, and attractive to others. They will love you for it. They will go for you and with you.” Norman Vincent Peale*

*“Enthusiasm is the most important thing in life.” Tennessee Williams*

*“A mediocre idea that generates enthusiasm will go farther than a great idea that inspires one.” Mary Kay Ash*

Suezy Proctor is full of it! (Flaming enthusiasm, that is!) In this interactive session you will learn what enthusiasm is, how people respond to it, how to nurture yours, the different types of enthusiasm, and how to use enthusiasm effectively in all that you do. You will learn how to fuel the fire and harness it!

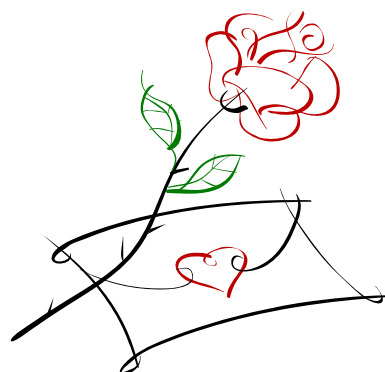
**Suezy Proctor**, three times DTM, International Director 2006-2008, is constantly on the go. She travels around the country as the Military Sales Manager for J. L. Darling Corporation, makers of Rite in the Rain All-Weather Paper & Pens; an 88 year old Tacoma based company. Suezy is a 10-year Toastmasters veteran. She currently serves as an officer in her home club, Wry Toast, and is a mentor to several individuals in Region 1. She is a small business owner who provides services involving public speaking, keynotes, wedding officiate, and private speech coaching. Suezy still finds time to say yes to people when they need a hand, or to a new adventure!

Suezy and her husband Dan (also a DTM and Division A Governor in District 32) live in Tacoma Washington. When they are not involved with Toastmasters they enjoy movies, reading, traveling, and their two cats, Monet and Vincent Van Gogh.

*Trish Johnston, Floral Designer*

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# Workshop Session 3

# Workshop Session 2 & 3

# Workshops Cont

# Workshops Cont

District 57 Educational Awards — November 2006—April 2007

District 57 Educational Awards — November 2006—April 2007

2007 Spring Conference

Division Contest Winners

Table Topics Contest

International Speech Contest

Insert Contest Rules  
and Judges form



## What is Toastmasters?

*Toastmasters* is a unique learning environment, a step-by-step program to develop your speaking and leadership capabilities in a friendly, supportive atmosphere. More experienced Toastmasters are role models demonstrating the fundamentals of verbal communication. You practice and improve your skills by following the assignments in the Communication and Leadership manuals.

You have the opportunity to practice your leadership skills in a wide variety of leadership roles: as a meeting leader, club officer, and over the entire spectrum of leadership positions necessary in an international organization with more than 180,000 members.

You learn by doing. You gain confidence by practicing basic communication skills including written presentations, impromptu speaking, the use of audiovisual aides and body language as well as effective listening.



## The Toastmasters Advantage...

By participating in the Toastmasters program, you can realize dramatic improvements in many areas of your life:

- On the job, communication with your employer, associates, and subordinates will become more effective and productive.
- At home, you will find interactions with family and friends easier, more enjoyable, and more fulfilling.
- In your community, you will become more effective in getting things said, planned and done.



## Welcome to Toastmasters!

The purpose of Toastmasters is to help members overcome apprehensions about speaking in public and to improve communication skills. This is accomplished by providing a self-paced, focused speaking program and a supportive, experienced group of people to assist you. You can become more effective in formal public speaking, in individual communications, in impromptu situations, in meeting management and in leadership abilities.

You are always welcome at our meetings. You may take part if you wish, or just observe. As a guest you will be introduced to members of the club. You are encouraged to join, however, the decision to become a better communicator is up to you.



A typical Toastmaster meeting consists of four components:

- A business meeting
- Table Topics to practice and improve our impromptu speaking skills
- Prepared speeches from the Communication and Leadership program
- Evaluation of prepared speakers and of the meeting in general to help us improve



**The Mission of *Toastrasters International***  
Toastrasters International is the leading movement devoted to making effective oral communication a world-wide reality.

***The Basic Communication & Leadership Program***  
As a Toastraster you develop your speaking ability in a self-paced environment, one skill at a time. The first 10 speeches make up the Basic Communication and Leadership Program, in which all new members participate.

- The Icebreaker – to introduce yourself and to get you started by talking about a subject on which you are an expert.
- Speak With Sincerity – speak with sincerity, earnest, and conviction.
- Organize Your Speech – organize your thoughts into a logical sequence leading to a clearly defined goal.
- Show What You Mean – to focus on gestures, facial expressions and body language.
- Vocal Variety – explore the use of voice volume, pitch, rate and quality as tools.
- Work With Words – find the precise words to communicate your ideas clearly, concisely, and vividly.
- Apply Your Skills – practice applying all the skills you learned in the previous speeches.
- Make It Persuasive – work on your persuasion skills.
- Speak With Knowledge – a written speech that is read in a lively, interesting and entertaining manner.
- Inspire Your Audience – the objective of this speech is to select a topic about which you feel strongly, analyze your audience's and feelings, and inspire them using all the skills you have developed.

Through its member clubs, Toastrasters International helps men and women learn the arts of speaking, listening and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastrasters International continually expand its worldwide network of clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.



## **The Mission of the Club**

The mission of a Toastrasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

-Excerpted from the D57 Toastrasters Website: [www.toastrastersd57.com](http://www.toastrastersd57.com)



## Pan For Gold —

**Region 1 Toastmasters**

**2007 Conference**

**June 8-9, 2007**

**Marriott Rancho Cordova**

**11211 Point East Dr**

**Rancho Cordova CA 95670**

District 39 invites you to join us in panning for gold - finding your hidden nugget at the 2007 Region 1 Conference. In addition to district officer training, we will have outstanding educational sessions, a humor showcase, top-notch keynote presenters, International Speech contest, and the chance to meet other Toastmasters within the Region. The speech contest is the springboard to the World Championship of Public Speaking to be held in August at the Toastmasters International Convention. Does this Regional Conference sound like fun? You bet it will be. Plan to be here.

Our special guests will be Toastmasters International Second Vice-President Jana Barnhill and her husband, Past International President, Bob Barnhill. Join us for an informal reception on Thursday evening honoring them.

Conference hotel room reservations must be made by May 18 by calling 916 638-1100 to obtain the Toastmasters special rate of \$135 a night + taxes (\$50 savings).

Conference registration forms on Region 1 website at

<http://www.region1tm.org/>

Host District Chair: Arun Sen, DTM, PID

422 Fiesta Ave, Davis CA 95616

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