

**TOASTMASTERS**  
INTERNATIONAL

**100**  
YEARS

**The District 5  
2024 Spring Conference  
and  
International Speech Contest**

**Saturday, May 18<sup>th</sup>  
9:00 AM – 4:00 PM**



**Frontwave Credit Union**  
District 5  
1278 Rocky Point Dr, Oceanside CA



## CONFERENCE PROGRAM\*

**8:45 am** Registration Opens/ Coffee, Pastries and Fruit  
**9:15 am** ZOOM Room Opens/Networking  
**9:20 am** Welcome - Sujata Yellaepeddi, District Director



### **9:30 am Keynote Speaker**

**"The 6 Things You Can Do to Kill Your Chances of Landing a TEDx Talk"**  
Frank King

Seems like everyone who gives advice on landing a TEDx Talk tells you what **you should do** to get one. Here's the thing, they never seem to tell you, what I believe is more important, the things **you shouldn't do**, the things that will get you dismissed out of hand, and keep you from even being seriously considered for one. In other words, the things that will get your application thrown in what the TEDx selection committees call the "No Pile." This is important because the average TEDx Talk gets several hundred applications, some as many as 500 applications, and if I'm on the selection committee, I'm **not** looking for a reason **to** give you an audition, I'm looking for the first reason **not to**, so I can go on to the next application.

**Bio:** Frank King, Suicide Prevention Speaker, was a writer for The Tonight Show for 20 years and has been a speaker and comedian for 38.

He's shared the stage with comedians, Jeff Foxworthy, Adam Sandler, Jerry Seinfeld, Dr. Ken Jung, Ellen DeGeneres, Dennis Miller, and Bill Hicks, as well as entertainers, Lou Rawls, The Beach Boys, Randy Travis, and Nancy Wilson.

It all began in the fourth grade with my first joke. The kids laughed; the teacher was hysterical. It was at that moment, at age 9, that I decided that I was born to be a comedian.

In the twelfth grade I did standup comedy at the senior talent show and won.

I told my mom that I was going to LA to become a standup comedian, and she said, "You're going to college first. I don't care what you do when you graduate; you can be a goat herder for all I care, but you're going to be a goat herder with a college degree."

So, I went to UNC-Chapel Hill, picked up a BA and BS, and then split for the west coast.

The insurance company I was working for moved me to San Diego, and there, on April 1<sup>st</sup> 1984, I did my first open mic night at The Comedy in La Jolla, which is there, in the same place today.

I had always wanted to be in the speaking business, to make a living and a difference, but I didn't know how. My friend Judy Carter gave me a copy of her book, "The Message of You; Turn Your Life Into a Money Making Speaking Career," and using that I went from a funny speaker, to a speaker who was funny.

The second hurdle was, I'd been a comedian for two and a half decades, who is going to believe that I can do anything serious.

That's when I decided to apply to do a TEDx Talk. I applied and got it! And my talk is on Suicide Prevention, and the other eleven are on one aspect of mental health or mental illness or another.

His speaking on Suicide Prevention is informed by his lifetime battle with Depression and Suicidality, and he has turned that long dark journey of the soul into **12 TEDx Talks**, sharing his lifesaving insights with colleges, corporations, and associations.

And I have number thirteen scheduled in November here in San Diego. Twelve is the most of anyone else on the planet. Bill Gates has eight.

On top of all of that, he has survived 2 aortic valve replacements, a double bypass, a heart attack, and losing to a puppet on the original Star Search and has lived to joke about it all.

Frank is a former Toastmaster.

**NOTES:**

## EDUCATIONAL SESSIONS

**10:30 am Educational Session 1: "A Tribute to Helen M. Blanchard"**  
Eileen Hope, DTM PDG



"When you help someone up the hill, you find yourself closer to the top." Helen M. Blanchard was the first woman President of Toastmasters International. Join Helen's longtime friend, Eileen Hope, as she discusses Helen's trailblazing journey through life and Toastmasters. Eileen will inspire the audience to get excited about helping others enjoy the Toastmasters experience and follow Helen's Trailblazing leadership.

**Bio:** Beginning her career as a newspaper reporter in Los Angeles, she spent the next few years covering the Superior Courts and later the Education beat in the San Gabriel Valley. She married her Editor, Douglas Hope, and, because of nepotism clauses, spent the next years enjoying being a mom to three children and a volunteer in cities nationwide.

**In Toastmasters,** Eileen went through all the club officer positions. As president of Balboa Park Toastmasters, the club attained President's Distinguished status. Eileen then stepped up to become Area & Division Director, achieving President's Distinguished status for both. She then took on the top three leadership positions in District 5: Lt. Governor Marketing, Lt. Governor Education & Training, and District Governor. As Lt. Governor of Education & Training, Eileen received the Excellence in Education & Training award from Toastmasters International. As District Governor, District 5 was a Distinguished District under her Leadership Team.

Awards in Toastmasters: Helen M. Blanchard Trailblazer Awardee, Three-time Toastmaster of the Year award, Distinguished Toastmasters award (DTM 11 times).

**In the Community,** Eileen has been a Docent at the San Diego Museum of Art since 1984. She enjoys explaining paintings, sculptures, and special exhibitions to people from all over the world. The Menghi Museum selected her as a "Golden Star" for giving special speeches on presentation skills to the Menghi Docents.

Eileen is a member of Balboa Park Toastmasters, Past District Governors/Leaders Club in Los Angeles, Excelsior Advanced Club, Naval R & D Club & Yuma Sunsetters. She is currently the D5 Administration Manager and District 5 Conference Chair.

**NOTES:**

**11:00 am BREAK (15 mins)**

**11:15 am Educational Session 2: "The 5 Principals of Leadership"**  
CeCe McGee, DL1



Join us for an inspiring speech by Cece McGee current Club President of San Diego Toastmasters 7. During her Toastmasters journey, Cece followed these five principles of leadership, which she will share in her speech. The goal of this speech is to inspire members, regardless of their length of membership, to apply for leadership roles and actively participate in their Toastmasters clubs or at district functions.

**Bio:** Meet Cece, a dynamic individual with a diverse background and a passion for inspiring others in the realms of science, education, and leadership. Hailing from Omaha, Nebraska, and armed with a degree in Biochemistry, Cell, and Molecular Biology from Drake University, Cece embarked on a journey through various biotech industries. In 2019, She was presented with an exciting opportunity to teach English in China, which she gladly embraced. Her return to the States amid the COVID-19 pandemic didn't deter her commitment to education; instead, she found a new avenue at a pharmaceutical company, where she now serves as a STEAM (Science, Technology, Arts, and Math) Education Specialist.

In addition to her professional pursuits, Cece is deeply engaged in community enrichment. Since joining Toastmasters in November 2022, she has risen to the helm as the current Club President of San Diego Toastmasters 7, showcasing her natural leadership abilities honed through both her work history and involvement in various non-profit endeavors. Currently, Cece is pursuing an MBA, Master of Business Administration, further solidifying her dedication to personal and professional growth. With a blend of expertise in science, education, leadership, and a knack for inspiring others, Cece is poised to make a lasting impact on the world around her.

**NOTES:**

**11:45 am Session 3: “Leading at the Speed of Trust”**

Willie Johnson, DTM PDG



Trust is today’s currency – and everything a leader says and does affects the level of trust in their teams. More importantly, trust is one of the most important skills today for all leaders.

\*During this mini seminar, we will explore how you, as a leader, can get results in a way that inspires trust, propel your team further and faster, and execute on those things that matter most.

**BIO:** Our session presenter, Willie Johnson, is a Magna Cum Laude graduate of Park University, with a degree in HR and Management. He is also a member of the Black Speakers Network, The Global Speakers Academy, The National Speakers Association, and is a Distinguished Toastmaster member of Toastmasters International.

Willie Johnson has been a Toastmaster for more than 25 years, served as a leader in all club officer roles, area positions, division positions, and district positions, to include being the 20010-11 District 43 Governor.

Willie Johnson is enthusiastic about life-long learning and believes in his quote: “If you want to go from where you are to where you want to be – you have to grow from how you are to how you ought to be.”

Willie Johnson is a member of the following four TM clubs:

1. Yuma Sunsetters Toastmasters Club - Current VP of Education
2. Hi-Noon Toastmasters Club in District 43
3. Never Too Late Toastmasters Club In District 43
4. Smedley Chapter One Advanced TM Club in Founders District

For more information on Willie visit his website at:

<https://williejayspeaks.com/about-willie-johnson/>

**NOTES:**

**12:30 pm LUNCH**

**1:30 pm District Recognition\*\***

*We would like to congratulate all of our clubs and members that achieved these amazing goals this year. The list is quite extensive. Well done to each of you.*

*Being respectful of your time and providing recognition of each recipient in attendance, we will only announce the names of those that are present. After all recipients present are announced, we will have one large round of applause for both those in attendance in person, and those in attendance in our hearts.*

## **MEMBERSHIP GROWTH**

SMEDLEY AWARD CONTEST (August 1 – September 30)

Century Toastmasters 8 new members

TALK UP TOASTMASTERS (FEBRUARY 1 – MARCH 31)

Carlsbad-Oceanside Club 6 new members

Pacific Beach Toastmasters 5 new members

Hardhats Club 7 new members

Encinitas Toastmasters 14 new members

Turbo Toasters Club 5 new members

Del Mar Toastmasters Club 6 new members

## **EDUCATION**

Early Bird DCP

Balboa Park Club, Career Builders Toastmasters, Carlsbad-Oceanside Club, Chula Vista Club, COS Freedom Speakers, Daybreakers Club, Encinitas Toastmasters, Expressions Unlimited, Golden Triangle Toastmasters, Great Communicators Toastmasters Club, Harbor Court, Hardhats Club, Innovative Speakers, Leadership Builders, Pacific Beach Toastmasters, Palomar Airport Club 7129, Poway-Black Mountain Club, Professional Career Speakers, San Diego Toastmasters 7, Scripps Teasers Club, Turbo Toasters Club, Vista Sunrise Toastmasters Club, Voyagers Toastmasters Club and Yuma-Kofa Toastmasters Club.

April 1<sup>st</sup> DCP/Membership Requirement

Beach & Business Toastmasters, Career Builders Toastmasters, Carlsbad-Oceanside Club, Chula Vista Club 108, COS Freedom Speakers, Encinitas Toastmasters, Expressions Unlimited, Genentech Oceanside, Hardhats Club, Innovative Speakers, Pacific Beach Toastmasters, Positive Toastmasters, Poway-Black Mountain Club, PowerMasters, San Diego Toastmasters 7, Scripps Teasers, Smooth Talkers Club, Sony San Diego Toastmasters, Turbo Toasters Club and Visionaries Toastmasters Club.



### 100% Club Officer Trained 2<sup>nd</sup> Round

Balboa Park, Broadcom Toastmasters, Chamber Club, East County #4405, Encinitas Toastmasters, Golden Triangle, Harbor Court Toastmasters, Innovative Speakers, Liberty Club, Pacific Beach Toastmasters, Poway-Black Mountain Club, Professional Career Speakers, San Diego Toastmasters 7, Scripps Teasers, Smooth Talkers Club, Spectrum Speakers, Stadium Club 1815, Sweetwater Valley Toastmasters Club 3225, The UPS Store Toastmasters, Turbo Toasters Club and Vapor Trails Club.

Triple Crown Pin (3 educationals): Alex Shadpour, Ana Serrano, Angela Kanish, Anjet Nicholas, Arlene Cohen, Craig Moss, David Pearson, Derek Vitola, Dorothy Hudson-Jenkins, Elliot Kelly, Gail Lover, GiYeoun Lee, Jacquie Mosley-Pastrana, James Franz, Jason Fredrick, Jonathan Reyes, Joseph Mogan, Joseph Mitchell, Kate Hutson, Emily Krogman, Margarita Pinhas, Marguerita Smith, Maria Feria, Maria Macaloney, Mark Shapiro, Naomi Chen, Sally Lutz, Thomas Bowers, Vince Reardon.

Triple Crown Pin (4 educationals): Danny Philayvanh, Elizabeth Choi-Hedges, Gavin Behtold, Helen Grothe, Howard Blitz, Janet Taylor, Johnny Gogue, Judy Mandel, Linda Superville, Roena Oesting, Thomas Holland, Tonya Lehman, Sujata Yellaepeddi.

Triple Crown Pin (5 educationals): David Carroll, Gabriel Mendez, Julia L.Taylor, Julia Taylor, Juvy Pitiquen, Kristine Pool, Landon Alchikh, Linda Clark, Neil Bowman, Pamela Rainey, Risa Morabe, Shermaine Abad, Stefanie Cease, Johnny Gogue, Judy Mandel.

Triple Crown Pin (6 educationals): Dani Alger, Regina Fernandez, Hector Pallanes, Mark Kramer, Robert Lucas, Shelby Whitzel.

Triple Crown Pin (7 educationals): Debbie Munoz, Jennifer Dawson, Jill Malena, Marianne Grosner.

Triple Crown Pin (8 educationals): Christine Del Carmen, CJ Frey, Megan Hurley, Pamela Gort.

Triple Crown Pin (9 educationals): Jennifer Kim.

Triple Crown Pin (10 educationals): Azucena Solorzano.

There were 12 members who were listed as “**Name unavailable**” who earned the Triple Crown Pin.

### DTM Induction

Jennifer Dawson, Megan Hurley, Gail E. Lover, and Nikhil B. Pathare

### **2:00 pm District International Speech Contest**

3:30 pm Adjournment

*\*Conference Program Timeline subject to change*

*\*\*Items not picked up will be available for pick up on Saturday, June 8, 2024 – watch for details in a future constant contact from the district*



## District 5 Toastmasters

### DISTRICT 5

## International Speech Contest

*Saturday, May 18, 2024*

**Welcome:** Alex Shadpour, DTM

**Toastmaster:** Jon Berman, DTM

**Chief Judge:** Linda Clark, DTM

\*\*\*\*\*

***Neil Bowman***

***CJ Frey***

***Ernest Cardenas***

***Alistair Paterson***

***Robert Abbott***

***Landon Alchikh***

Contestant Interviews

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### District Announcements

## Announcements/Contest Results/Adjourn

*Sujata Yellaepeddi, District Director*



**Thank you to all our volunteers for making our contest possible!**

Toastmaster, Chief Judge, Contest Chair, AV/ZOOM Hosts, Registration Desk, Contestants, SAAs, Timers, Ballot Counters and Judges

Sujata Yellaepeddi, DTM  
**District Director**

Alex Shadpour, DTM  
**Program Quality Director**

Niko Podimatis, DTM  
**Club Growth Director**

Mindi Davis, DTM  
**Central Division Director**

Jennifer Dawson, DTM  
**Eastern Division Director**

Jacque  
Mosley-Pastarana, PI1  
**Inland Division Director**

Melissa Spiegler, DTM  
**Northern Division Director**

Shriram HR  
**Southern Division Director**

Alberto Alvarado, DTM  
**Western Division Director**

**Support Staff**  
Jinlu Yu, DTM  
**Public Relations Manager**

Eileen Hope, DTM PDG  
**Administration Manager**

Joyce Persichilli, DTM PRA  
**Finance Manager**



# International Speech Contest

## Judge's Guide and Ballot

JUDGING ITEMS		SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9	10	
		EXCELLENT	VERY GOOD	GOOD	FAIR											
<b>Speech Development</b> Structure, Organization, Support Material	<b>CONTENT 50</b>	15	11-14	6-10	0-5											
		10	7-9	4-6	0-3											
		25	17-24	9-16	0-8											
<b>Physical</b> Appearance, Body Language, Speaking Area	<b>DELIVERY 30</b>	10	7-9	4-6	0-3											
		10	7-9	4-6	0-3											
		10	7-9	4-6	0-3											
<b>Appropriateness</b> To Speech Purpose, and Audience	<b>LANGUAGE 20</b>	10	7-9	4-6	0-3											
		10	7-9	4-6	0-3											
<b>TOTAL SCORE (100 Points Possible)</b>																

(Detach and submit to chief judge)

### Judge's Official Ballot - International Speech Contest

**NOTE:** Votes must be cast for first, second and third place or the ballot will be voided.

Write contestants' names in the space below. Counters will assign points.

First Place (receives three points): \_\_\_\_\_

Second Place (receives two points): \_\_\_\_\_

Third Place (receives one point): \_\_\_\_\_

\_\_\_\_\_

(Signature of Judge)

\_\_\_\_\_

(Judge's Name; Please Print)

**THANK YOU to our volunteers for all their hard work on the conference and contest.  
Your support is greatly appreciated!**

**Eileen Hope, DTM PDG  
District Conference Chair**

**Registration  
Megan Hurley, Chair  
Deep Kaur  
Doris Moore, PM2**

**Food/Snacks  
Jennifer Barber-Frazier, Chair  
Melissa Spiegler, DTM  
Stephanie Cease, PM5**

**Gift Basket Challenge  
Judy Mandel, Chair  
Jennifer Dawson, DTM  
Ilona Globa  
Sidiqa Hooker**

**AV & Equipment  
Per Martin, PI4  
Julia Serrano, MS5  
Alberto Alvarado, DTM**

**SAA's  
Neda Shadpour, IP3  
Dan Lam, MS5  
Malcolm Pusey, DTM**

**Joyce Persichilli, DTM PRA IPDD  
District Contest Chair**

**Jon Berman, DTM  
Contest Toastmaster**

**Linda Clark, DTM  
Chief Judge**

**Thank you to all our contest volunteers!**

**Contestants, Timers, Ballot Counters and Judges**

**A SPECIAL THANK YOU to FRONTWAVE CREDIT UNION**