

THE LOWDOWN

April 2008

CENTURY CITY TOASTMASTERS | CLUB 2681 | AREA B3 | DISTRICT 1

Volume 1 Issue 12

CLUB OFFICERS

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Jon White, ACB/CL

VP Education

Lynda Levy, CC

VP Membership

Yuko Miyahara, CC

VP Public Relations

Jeni Stewart, ACB

Treasurer

Zhuo Zhang

Secretary

Liz Smith

Sergeant at Arms

Brandt Manchee, CC

CLUB DETAILS

High-energy, informative,
entertaining and supportive
meetings from

7:00 am - 8:40 am

on the 1st, 2nd, 3rd and 4th
Wednesday of every month
at

Rancho Park Golf Course
10460 Pico Boulevard
Los Angeles, California

www.centurycitytoastmasters.com

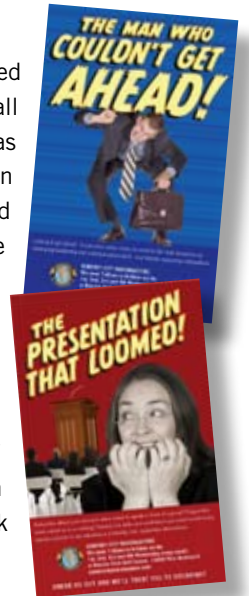


THOUGHTS FROM OUR PREZ

LOOKING FOR A FEW GOOD MEN AND WOMEN

You may have noticed that our membership numbers have dipped recently as we have lost several members for a number of reasons, all of which can be best described as "life happens." Our number has dropped below 30; which means for the first time in my recollection we are actively seeking and recruiting new members. Please extend an invitation to friends, co-workers and family to join us at one of our meetings. As you know, most visitors do become members, so our task really is to encourage visitors.

In addition to this grassroots recruitment effort, our marketing maven, the princess of promotion, Jeni "OMG" Stewart has developed two awesome fliers aimed to attract even more visitors/members. Please take several fliers and distribute them at high traffic areas--Starbucks, the library, the gym, wherever you think there might be interest.



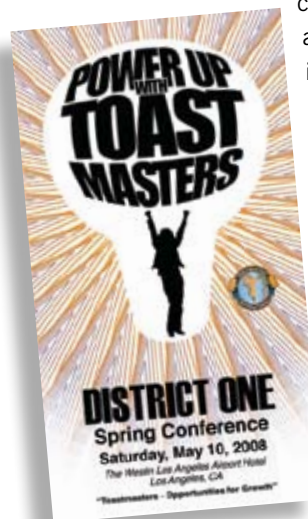
SPEECH COMPETITIONS

For those of you looking to make further strides in your speaking skills, may I suggest entering a speech contest. Toastmasters holds speech contests twice a year and the contests include International Speech Contest, Humorous Speech Contest, Table Topics and Evaluation. I am sure out of the four contests you can find at least one (if not four!) contests that are suited for you.

Personally, I have opted for the International Contest. I have enjoyed the opportunity to compete against those outside of Century City Toastmasters and to speak in front of different audiences. Seeing high caliber speakers gives me ideas for improving my speaking and reminds me of how much further I have to go as a speaker.

Additionally, participating in the contests has given me a new insight into the Toastmasters organization. I had no idea there were so many wonderfully dedicated people working diligently to organize and conduct these contests. I am truly proud to be part of such an organization.

Still have questions or concerns? Why don't you attend the Division Contest on Friday, April 18th and see how much fun it is. And remember, next year, it could be you up on that stage!! > Jon White, ACB/CL





Contest Chair Extraordinaire Lynda



Kelley and Jon take the prize(s)



Jon's son and subject of his speech, Austin



Brandt and wife Maggie take a break with Chief Judge Caplan

CONTEST A DAY OF FIRSTS

How fitting that the 2008 International and Table Topics contests happened on the first day of March. The entire day was filled with firsts. It was the first time ever that all four area clubs from our division competed, one after the other, on the same day. It was the first time Lynda Levy served as Contest Chair, tirelessly organizing and working to pull the marathon speaking event off without a hitch. And it was the first time that I participated in a contest, this time as Table Topics Toastmaster for our area.

Our area wasn't the first to compete that day. In fact, we were the final area to compete. Clearly, that was because, after a long day with fantastic speakers, the best was saved for last!

Kelley Willis was calm and collected when he took the stage to answer the question "What are your plans after you win the lottery?". His improvisational skills kicked into high gear when he delivered a response with wit and humor impressing the judges and winning the first place trophy.

In all honesty, the other International Contest competitors didn't stand a chance against Jon White and his presentation of "White aint right". He pulled out all the stops, taking the audience on an emotional roller coaster with a story that was funny, serious and touching. He owned the room and nobody was surprised when he won first place.

I attended all four competitions that day and we were the first, and the last, to have BOTH of our competitors take first place. Congratulations Jon and Kelley! > **Jeni Stewart, ACB**



Austin enlightens Mary and Jon



Coveted Toastmaster bling



Judge Clyde gets some mingling in as people take their seats before the first contest kicks off

IN THE SPOTLIGHT

Chappale Burton

Can you really “choose” happiness? Chappale Burton thinks you can. After years of studying and practicing techniques learned from self-development gurus like Brian Tracy, Les Brown and Robin Sharma, he’s launched his own motivational business called Monday Smiles to bring this message to others. Frustrated by the restricted lives he saw around him growing up in Jamestown, NY, Chappale didn’t want to get stuck in a routine of going to work every morning, coming home to drink beer on the local neighborhood corner, then going to work again the next day.



He wanted more, but saw his only way out as joining the military until a high school track coach asked him “Where do you want to go to college?” Chappale’s athletic prowess got him a scholarship to the University of Pittsburgh, but his drive to learn and a sensitivity to human experience took him to places he couldn’t have imagined. Combining his formal studying of psychology and physical therapy with a more personal inquiry into human fulfillment, Chappale started to apply techniques like visualization and affirmation to his own life and found they worked.

Always grateful for the role models who helped him reach for greater heights, he now wants to be that person for others who may yearn for similar growth. His approach is holistic – combining the spiritual, physical and emotional – but also practical. He wants to show people there are simple tools they can apply right now in their everyday lives. Currently writing a book titled “How to Choose Happiness...Most of the Time,” Chappale recognizes there still has to be room for the ups and downs of life. In addition to motivational tools and techniques, the book will detail more of Chappale’s personal journey and the ups and downs he’s experienced that brought him to this path. For more on Chappale’s doings, check out www.mondaymiles.com > **Lynda Levy, CC**

ASK NOT WHAT YOUR CLUB CAN DO FOR YOU

A special thanks to Zhuo Zhang for volunteering to assume Treasurer duties during a time that is very busy for the Treasurer--member dues collections. I can tell you from all the emails I have received from Zhuo, that she has jumped in with both feet and is doing an excellent job making sure all the dues have been paid and the new members are processed as quickly as possible with Toastmasters International.

I have come to appreciate how important the Club Officers are to the overall success of our club. Zhuo is a shining example of the spirit of service and support that exemplifies our club and its officers. Thanks again Zhuo!! > **Jon White, ACB/CL**



CCTMers' recommended reading

Brooke Foxworthy captivated CCTMers' hearts with her first project from the *Interpretive Reading Manual*: “Read a Story”.

Dressed the part with hair in long braids, she enthusiastically brought to life an excerpt from one of her favorite books: *Anne of Green Gables* by L.M. Montgomery.

The book is based on a story about a turn-of-the-century orphan named Anne who’s always messing up even though she tries hard to do the right thing.

Brooke won best speaker with her interpretation of a passage where Anne confused red currant wine for raspberry cordial with hilarious results. > **Jeni Stewart, ACB**

COMING UP

APRIL 18 Come support Kelley and Jon as they compete against winners of Areas B1, B2 and B3 in the Division B Table Topics and International Speech Contests. The contest will be held at the RAND Corporation, 1776 Main Street, Santa Monica. Doors open at 5:15pm, contest begins at 6:15pm and the cost is \$12. For more information contact Tina Tomiyama, DTM, Division B Governor at 323-299-3446 or tomiya2@mac.com

May 10 Power up with Toastmasters at the District One Conference. Educational programs, Table Topics and International contests, keynote speakers and a Hall of Fame luncheon are all on the agenda. It all takes place at The Westin Los Angeles Airport Hotel, 5400 W Century Blvd. Full day registration is \$60, half day is \$40. For more information check out districtoneconferences.org/index.html

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