



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

Club 699
Area 12
District 5
Region 10

EXCELSIOR TOASTMASTERS



THE PHANTOM MENACE

**A MESSAGE FROM OUR
PRESIDENT, NORM NOMURA,
DTM**

A year ago I bought my wife a tangerine tree in a 5 gallon pot from Home Depot. She loves tangerines and couldn't wait for it to be bear fruit. Being the poor gardener that I am, I wanted to make sure that it was healthy before I planted it in our backyard.

I kept it in its own pot, bought citrus fertilizer and watered it regularly. Spring arrived and it was FULL of little white flower buds. It was healthy. It was time to transplant.



I asked our gardener (who we laid off a few months earlier or I would have asked him to plant it) how to plant it. I started to dig the hole and kept digging a bigger and bigger hole. We have very hard dirt where short of a jack-hammer, I used a pick with no small effort. It was several times deeper and wider than what was recommended it be.

(continued on page 2)

IN THIS ISSUE:

Our President and
The Phantom
Menace

Call for Nominations:
Helen M. Blanchard
Trail Blazer Award

Member Recognition

Get Well Stephen!

New Banner

TLI Video

Spring 2012
Division Contests

District Governor's Pin

Jim Tucker on
'Why it Hurts'

May 1
Meeting Roles

Calendar

D5 Spring 2012
Conference Flyer

CALL FOR NOMINATIONS: Helen M. Blanchard Trail Blazer Award

Deadline: May 11, 2012

by Joyce Persichilli (DTM) and Christoph Kubitzka (DTM)

Are you or do you know someone that is a Toastmaster "Trail Blazer"? Who will be this year's recipient of District 5's Helen M. Blanchard Trail Blazer Award? **It could be you.**

We are looking for the member who has gone above and beyond in their service to our district.

The Helen M. Blanchard Trail Blazer Award namesake is a member who started her Toastmaster Journey as Homer Blanchard because, believe it or not, women were not allowed membership in Toastmasters. A true "Trail Blazer" Helen went on to become the first woman President of Toastmasters International.

The first recipient of the award, Joyce Persichilli, has continued to serve our district since her term as District Governor in 2002-2003 and was appointed the first Region Advisor for our newly formed Region 10. Last year's recipient Christoph Kubitzka started a Club Mentoring Program at his club and over the years his program has helped other clubs in our district.

This year's recipient will be announced on May 19, 2012 at the District 5 Spring Conference. If you know of someone or if you would like to be considered for this award please submit the following information: **a. Member Name: b. Club Name: c. Why is this person deserving of this award?: d. Nominated by: e. Your Email address:**

For more information and to submit your nomination contact **Christoph Kubitzka** at ckkubitzka@att.net or **Joyce Persichilli** at region10ra@yahoo.com



Joyce Persichilli, Christoph Kubitzka,
and Helen Blanchard



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10



Norm Nomura takes time to quietly reflect before he takes the stage at the Area 25 International Speech Contest. Courtyard at Templar Hall, Poway, CA. Photo and digital art by Edna Nerona (*inspired by Andy Warhol pop art*).

(President's Message continued)

I was looking long term where in many years the foundation of roots would be strong and well spread. The work would be worth it.

I was feeling confident and perhaps complacent when it came time to put the tree in the ground. I mean, how hard could it be? I conditioned the soil with the recommended compost and fertilizer, pulled the tree out of its pot, loosened the clump of dirt in the root ball, filled the hole up with pristine dirt, watered it regularly... and then watched as the leaves turned yellow and the buds fell off.

For the knowledgeable among you, you know that disturbing the root ball when transplanting a tangerine tree is a no-no (good ol' Google). I wondered if my gardener "forgot" to tell me about that? **At first I blamed HIM. Ultimately though, I could have educated myself so I own the consequences.**

He told me what to do, he just didn't tell me what NOT to do. For him, this was second nature and he assumed telling me to NOT

disturb the roots would be the same as telling me to NOT fertilize with motor oil. That was unnecessary in his mind.

I refuse to think there was any malice in his advice or lack thereof. Even if I knew it was an intentional omission, I refuse to hold a grudge. Life is too short. **Have you ever blamed an unexpected outcome on a phantom?**

A phantom is only as real as you choose to make it? Or do you choose to accept, learn and move on? Maybe looking into my wife's disappointed eyes, I chose to blame rather than accept responsibility. Now my efforts are focused on how to rescue my wife's tangerine tree. She loves tangerines and can't wait for it to bear fruit.

I bought my wife a peach tree today from my friend Irwin. I don't know how to transplant it. But I will before I do. **Because ultimately, we are the bearers of our own fruit.**

Norm Nomura



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

Excelsior's Road to Distinguished or Better

by Jan Lewellyn (VPE, DTM) and Edna Nerona (Editor-in-Chief)

Congratulations everyone! We had 7 of 7 officers trained the beginning of the 2011-2012 year and completed 5 of 7 during Club Officer Training in 2012!



Jan Lewellyn honoring
Jim Tucker's achievements.



Jan Lewellyn praising
Jean Douglas' accomplishments.



Standing Proud! Jean Douglas,
Jim Tucker, Marcy Hays,
Norm Nomura, and Jan Lewellyn

As our esteemed Treasurer, Linda Parker, met her goal of getting the dues in on time in 2011 and 2012.

According to Toastmasters International, the following members have helped Excelsior reach its goal of Distinguished or better from July 1, 2011 through March 30, 2012:

- Norm Nomura, DTM - CL
- Jim Tucker, DTM - CC
- Marcy Hays, DTM - CL
- Jean Douglas, DTM - Sponsored 2 new members for Excelsior

Toastmasters recognizes sponsorship of 3 new members or more. Jean also sponsored a member for Hardhats this year, reaching the 3 members requirement.

Jan Lewellyn, VP-Education, revived the tradition of honoring member achievements. She held a special ceremony to award letters and gift bags. It was a great way to kick off the April 2012 meeting!

Lights, Camera, and the Power of Toastmasters

Southern Division Governor, Mark Rauschenbach and Excelsior Members Marcy Hays and Edna Nerona are among the Toastmasters who are highlighted in a new video to promote future Leadership Institute events.

iCrew, a local digital production company, interviewed trainers and district officers who volunteered for the January 21, 2012 Toastmasters Leadership Institute. The result is a terrific video that speaks highly of the professional development and camaraderie of Toastmasters.

Rick Lakin (web site: ricklakin.us) owns and operates iCrew and is also an active member of Sweetwater Valley Toastmasters. The video can be found at: <https://vimeo.com/39739888>.

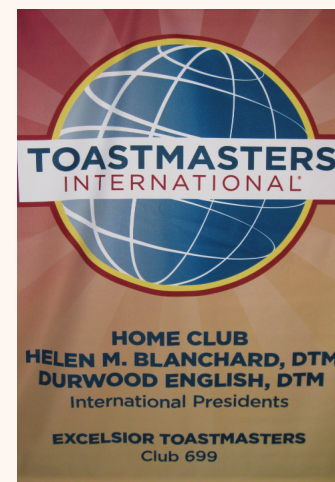


Get Well Stephen Garrett!



Dear Stephen: Your friends and colleagues at Excelsior Toastmasters send you healing thoughts and prayers for a speedy recovery!

NEW CLUB BANNER



At the April 3, 2012 Excelsior Club meeting, President Norm Nomura unveiled our new club banner featuring former International Presidents **HELEN M. BLANCHARD** (the *FIRST* female International President) and **DURWOOD ENGLISH**.



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

SPRING 2012 Division Contest Results

CONGRATULATIONS to the following Excelsior Members:



Richard Wira and D5 Governor, Rhonda Walthall

Richard Wira
International Speech:
1st place, Eastern Division
Advancing to District 5 Contest



Mark Rauschenbach (Southern Division Governor),
Kathleen Petrone, and Rhonda Walthall (D5 Governor)

Kathleen Petrone
International Speech:
2nd Place
Southern Division Contest

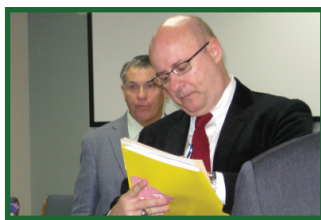


Norm Nomura and Richard Dial (Toastmaster)
Photo Courtesy of Ron Gross (Central Division).

Applause also goes out to
Norm Nomura who competed
in the Central Division
International Speech Contest.



Rose Waring and the 'thorns'
on her side,
Norm Nomura and Richard Wira



Richard Dial (Toastmaster)



Edna Nerona and John Stark

TABLE TOPICS

Here are some questions from
the Division Table Topics
Contests. How would you have
answered the following:

There should be a law
against what?



There is a new holiday. What is
it and how is it celebrated?



As a movie critic, what is most
important: cast, story or
director?



District Governor's Pin

Congratulations to
ALMA CHURCH and
JIM TUCKER for earning their
District Governor's pin from
District 5 Governor,
Rhonda Walthall.

**How can you earn this distinctive
pin?** You must achieve at least
10 points by participating in District
training, District events, **or** by
completing communication or
leadership awards.

To see a detailed list of these
standards, please visit:
[http://d5toastmasters.org/
index.php?option=com_
content&view=article&id=247
&Itemid=105](http://d5toastmasters.org/index.php?option=com_content&view=article&id=247&Itemid=105)



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

WHY IT HURTS

By Jim Tucker, DTM



It is speech contest season and the sting of losing rears its ugly head faster than acne on a new born teenager.

For those of us who compete, it is a familiar tree we all hang from. And it hurts.

But what if you could make sense out of why it hurts? What if you could embrace it?

I believe there is a reason why you should.

Why listen to me? Because I know a lot about losing. Been there. Done that. Got the t-shirt. I've had the **privilege of losing** at the Club, Area, Division, Region and even the World Championship of Public Speaking level. I spread losing around like it was peanut butter. Believe me, I know something about it. However, losing at each level helped me become a better speaker.



In the early stages I thought I did well enough to win

each contest. I just needed the judges to confirm it. I remember waiting nervously for the announcement of the winners. I never wanted my name to be called too soon. I wanted it called last for the first place trophy. My heart accelerates with anticipation. I hope. I wait. I hope. I wait. Finally the words come: "And the winner is..."

It's not me.

Time stops as my heart drops. My soul falls off a cliff as I resist the faintest desire to brake the fall. I want to scream, "No! This can't be. Somebody made a mistake."

Back to reality. Like a character actor accepting his fate at the Academy Awards – I sit with a gleeful façade. It hurts. This hurt is universal to the contestants who expect to win. This expectation can leave you in these three states of discomfort:

- 1 - Bloated by disappointment.

You sink to a new low where quick relief only comes from an impulsive decision to never compete again. You tell yourself "no mas, no mas!" But a migraine echoes silently, "winners never quit." You pause to ponder its meaning and the pain creeps back.

- 2 - Disillusioned by suspicion.

You question the intellect and integrity of the judges. You wonder, "What were they thinking? Did they not see the same contest I saw? Did they want someone else to win?" Looking for someone to blame provides temporary relief but no satisfaction. The pain creeps back.

- 3 - Frustrated by mental dehydration.

You spent intense labor writing, editing, and practicing to give birth to the winning speech. Thoughts of doing all you could provide temporary relief but no trophy. The pain creeps back.

I wanted to be left alone. But people walked up to me after the contest with medicated words attempting to soothe my pain.

1 They said, "I had you as the winner." I thought, "**Yeah, but it still hurts.**"

2 They said, "You know you're a winner for making it this far." I thought, "**Yeah, but it still hurts.**"

3 They said, "There's always next year." I thought, "**Yeah, but it still hurts.**"

(continued on page 6)



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

(Tucker continued)

Their prescription didn't work. No amount of wordsmithing, no matter how measured and well-intended, can take away the sting...until I understood why it hurts. Would you like to know why it hurts? **Here it is: It hurts to weed you IN.**

What? To weed you in?

Holy smoke Tuckerman, have you been drinking too many spiked sarsaparillas? Explain yourself.



Are you familiar with people who are **weeded OUT** because someone or some system decided they didn't measure up? **They blamed the system and accepted it as their fate. They quit their pursuit. They got weeded out.**

Are you familiar with people who refused to be weeded out? They didn't quit. They reloaded. They committed to a process to grow into the person deserving of their pursuit. Their mishap drove them to be **weeded IN** a winning process. The process got them the outcome they wanted.

I believe losing a contest is part of a process to find your unique voice. It is this process of discovering, refining and aging your message that adds

value to your voice so it can make a difference to those who hear it. This becomes your gift to serve to the world. Losing a speech contest is not a stumble to your desired outcome; it is step to it. Didn't you grow and learn during your speech competition? That's part of the process. In the process, didn't your message get stronger and you got better?

Along my contest journey I realized I wasn't as bad as I thought I was. Nor was I as good as I thought I was. I lost those contests because someone else won them. **There was no one to blame. There was only a need to ask myself this private question: "Will I be weeded in or weeded out?"**

By answering correctly I learned: What hurts you, deserts you. The compass of an unfavorable outcome always **points in the direction of growth and service.**

I'm better able to serve my message than before. The process made the difference – not the first place trophy. If you get the trophy in the process – that's a bonus!

Jim Tucker

Editor's Note: *Jim Tucker has been a three-time finalist at the Toastmasters International World Champion of Public Speaking contests.*

ACCEPTING THE CHALLENGE

Jim Tucker was the featured speaker at the the Tick Talk Toastmasters Club Open House on April 26, 2012.

With humor and great purpose, Jim inspired the audience with masterful storytelling.

Attendees learned about his first attempt at public speaking – nervously reciting a poem in his elementary school English class. Then there were touching lessons from his high school Valedictorian speech and his first flip chart presentation at San Diego Gas and Electric.

Jim shook hands and personally greeted everyone in the room, making him a world champion person!



Jim Tucker in action



Accepting his own challenges



Norm Nomura and Edna Nerona show up and surprise Jim!



SPOTLIGHT

The Spotlight is
on Your Success

APRIL 2012 - vol 32, issue 10

2011 - 2012

EXECUTIVE OFFICERS:

Norman Nomura

President

Jan Lewellyn

Vice President, Education

Jean Douglas

Vice President, Membership

Edna Nerona

Vice President,

Public Relations

Newsletter Editor-In-Chief

and Digital Artist

Linda Parker

Treasurer

Malcolm Pusey

Secretary

Harry Sundblad

Sergeant-At-Arms

NEWSLETTER CONTRIBUTORS:

Christoph Kubitzka

Jan Lewellyn

Edna Nerona

Norm Nomura

Joyce Persichilli

Jim Tucker

PHOTO CONTRIBUTORS:

Ed Gain

Ron Gross

Rick Lakin

Edna Nerona

CLUB INFORMATION:

MEETING DAY

FIRST TUESDAY
OF EVERY MONTH

TIME:

6:00 PM - 8:30 PM



MEETING LOCATION:

EL FANDANGO

RESTAURANT

(2ND FLOOR)

2734 CALHOUN ST.

SAN DIEGO, CA

(OLD TOWN)

Copyright © 2012

Excelsior Toastmasters.

All rights reserved.



May 1, 2012 Meeting Roles



Pledge & Inspiration: *Open*

Toastmaster:

Bob Clark

Theme:

Mother's Day

General Evaluator:

Linda Parker

Ah Counter:

Marcy Hays

Timer:

Alma Church

Grammarians:

Diana Greg

Table Topics:

Jan Lewellyn

Speakers:

--> Elisa Castañeda

--> Richard Dial

--> Edna Nerona

--> Malcolm Pusey

--> Rose Waring

For corrections and updates, please contact
VPE, Jan Lewellyn: janlewellyn@att.net.

Happy Mother's Day to the Mothers of Excelsior Toastmasters



May 01 - Excelsior Meeting and
Officer Elections

May 18-19 - Spring District 5
Conference (*flyer and registration
form attached*)

May 13 - Mother's Day

May 28 - Memorial Day

June 17 - Father's Day

August 15-18

Toastmasters International Conference
Hilton Orlando Bonnet Creek Resort
Orlando, FL

Registration is now open! [http://www.toastmasters.org/Members/
Convention/RegistrationPackages.aspx](http://www.toastmasters.org/Members/Convention/RegistrationPackages.aspx)

Please consult the D5 Calendar as event dates are subject to change.

<http://d5toastmasters.org/>



Keynote and Educational Speaker:
Roberta Perry, DTM, ID

District Table Topics Contest

Lunch and C&L Award

District 5
Spring Conference
May 19, 2012



"From Dawn to Dusk: Toasting in Sun Diego"



Come and have a FUN adventure with your fellow Toastmasters all day.
Program includes: Roberta Perry, DTM, our International Director; two contests;
light breakfast, lunch and dinner; awards/recognition and much more.

Wear your best Hawaiian outfit during the day and
in the evening, semi formal for a special treat — Governor's Ball!!

GOVERNOR'S BALL:

Dinner,
District International Speech Contest,
and Dancing



Parking
Validated

Catamaran Resort Hotel
3999 Mission Boulevard • San Diego CA 92109

For upcoming information check our
District 5 Website: D5toastmasters.org

CONFERENCE AGENDA

-  **7:30 am** — Credentials Desk Opens
Registration / Light Breakfast
-  **8:00 am** — Welcome
-  **8:15 am – 8:45 am**
Keynote: Roberta Perry, DTM, ID - "Just Say Yes!"
-  **8:45 am** — Break / Sound Check For Contestants
-  **9:00 am – 10:00 am** — District Table Topics Contest
-  **10:15 am** — Break / Credentials Desk Closes
-  **10:30 am – 12:00 pm** — Business Meeting (FREE)
-  **12:15 pm – 2:15 pm**
C&L Award, DTM Awards & Lunch
-  **2:30 pm – 3:30 pm**
Educational Session - Roberta Perry, DTM, ID
-  **3:30 pm – 4:00 pm**
Helen M. Blanchard Trailblazer Award
Conference Recognition / Opportunity Drawing
- INTERMISSION**
-  **5:30 pm – 6:00 pm** — Social, No Host Bar
-  **5:45 pm – 6:00 pm** — Sound Check For Contestants
-  **6:00 pm – 8:30 pm**
Dinner / District International Speech Contest
-  **8:30 pm – 11:00 pm**
Governor's Ball

VOLUNTEERS NEEDED: Registration; Gift Basket Challenge; Opportunity; Greeter/ Stage Sgt At Arms; Door Sgt At Arms. Each of these Committee Chair positions can be used as a High Performance Project. Contact Eileen Hope no later than March 15th. (Hoped6@aol.com)

ADVERTISEMENTS: Want to get the word out about your business or club and help defray Conference expenses? Place an ad in the Conference Program. 1/3 page \$30, full page \$80. Deadline: May 7th. Contact Elisa Castañeda for details. (Ely.Castaneda@att.net)

FEATURED SPEAKER

Roberta, our current Region 10 International Director, has been a member of Toastmasters for over 25 years.

What leadership traits do successful leaders have in common? In this highly interactive session, our Keynote Speaker will explore those traits and share a surprise or two.



Roberta Perry
DTM, ID

In the afternoon educational session, she will be using the Toastmaster Program to suggest ways to incorporate those traits into our Toastmaster, business and personal lives.

COMMUNICATION & LEADERSHIP AWARD

District 5 Toastmasters annually presents a Communication & Leadership Award to a non-Toastmaster in our community who exemplifies the qualities of communication and leadership. This year's recipient will be honored at the Conference.



REGISTRATION INFORMATION



FULL CONFERENCE

Early Bird before May 5th: *\$80 • After May 5th: \$100

Includes: 2 Contests, Light Breakfast, Lunch & Dinner,
Educational, Awards & Governor's Ball
(No meal choice guaranteed after 5/11/2012)

*All Early Bird Full Conference Registrations will be
entered into a SPECIAL drawing to win a \$50 Money Hat

DISTRICT TABLE TOPICS CONTEST ONLY

Early Bird before May 5th: \$15 • After May 5th: \$20

EVENING ONLY - GOVERNOR'S BALL

Dinner, District International Speech Contest, & Dance

Early Bird before May 5th: \$65 • After May 5th: \$80
(No meal choice guaranteed after 5/11/2012)

Make check payable to: District 5 Toastmasters
Mail Registration Form/Payment to:
Jan Lewellyn, DTM, Treasurer
2216 River Run Dr #85 • SD, CA 92108

Name _____

Highest Ed. Level (i.e., DTM, CC) _____

Club Name _____

Phone _____

Email _____

☐ **Full Conference**

☐ **District Table Topics Contest Only**
9:00 am – 10:00 am

☐ **Evening Only - Governor's Ball** — 6:00 pm – 11:00 pm
Dinner choices: ☐ Mahi-Mahi ☐ Chicken ☐ Vegetarian

Amount enclosed \$ _____

(cut & mail)



Mail your registration form with payment asap or use your credit card via secured PayPal, through website: www.d5toastmasters.org
Registration is not official until payment is received. This Conference Flyer will NOT be mailed.