



Club 699  
Area 12  
District 5  
Region 10

## EXCELSIOR TOASTMASTERS



### CHEEK TO CHEEK

#### A MESSAGE FROM OUR PRESIDENT, NORM NOMURA (DTM)

On May 19, District 5 had a very successful Spring Conference. At the conclusion of the event during the Governor's Ball, the song "Cheek to Cheek" from the movie Top Hat with Fred Astaire and Ginger Rogers danced its way into my head. You know how a tune gets into your head and you can't shake it? I even found myself singing it on my way home. Later as I looked at the lyrics, one part stood out for me –



*"Heaven, I'm in Heaven,  
And the cares that hung  
around me through the week  
Seem to vanish like a  
gambler's lucky streak  
When we're out together  
dancing, cheek to cheek."*

I was honored to serve as the "All Day Toastmaster" for the event, and during the week leading up the event,

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Our President  
Puts on His 'Top Hat'

Richard Wira is  
District 5  
Speech Champion

A Day and Night for  
the Ages: Excelsior's  
Impact on the Spring  
2012 D5 Conference

John Murphy  
Awarded  
Helen Blanchard  
Trail Blazer Award

Region 10 Honors  
Jocelyn Persichilli

2012-2013 Officers

Happy Birthday to  
our Beloved Helen  
Blanchard!

Jim Tucker and  
'Amazing Space'

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Calendar

### HELEN M. BLANCHARD "TRAIL BLAZER AWARD"

By Joyce Persichilli, DTM RA



This year's recipient of the Helen M. Blanchard "Trail Blazer Award" is our own **John Murphy**.

John was chosen for his innovative and exceptional service leadership to District 5 Toastmasters for his work with the Toastmasters Youth Leadership Program.

In looking at John's work with Youth Leadership we found that he had gone above and beyond what the program required.

**Innovative:** He put his own stamp to the International Standard of Youth Leadership Programs by adding an "Improv" session using props and games that he has effectively used in team building and leadership, a session on interview tactics and techniques, and capped the 8 part program with a speech contest themed "My life for the next 10 years".

(continued on page 5)



(President's Message continued)

I experienced my usual apprehension, and uncertainty. Not until the Governor's Ball did those cares "*vanish like a gambler's lucky streak*".

Believe it or not, I even danced. Edna will tell you, I'm no John Stark!

Doubt is often inevitable, but sometimes **we have to simply trust ourselves and the trust that others place in you.**

Have you ever watched Fred Astaire dance with any of his famous partners: Ginger, Rita Hayworth, Eleanor Powell, or any of his other leading ladies?

What has always amazed me when watching those dance numbers is the absence of editing. Rarely does the camera change angles or cut away. We are left to enjoy the art, exactly as it was, at that moment in time.

We're not watching 30 minutes of dancing edited into 5 minutes. Compare that to music videos or today's movie musicals where the editing can make you dizzy.

**Is that art?** Or do the many cuts and edits make it easier for the performers to rely less on perfection at any given moment. The director of Astaire's movies surely had the utmost confidence in his preparation and trust in the performers. **Call, "ACTION" and let the magic happen.**



Similarly, for the district conference, for all of the planning, organizing, re-planning and re-organizing, those involved must ultimately trust in themselves and in each other for the "performance". Once the event starts, there are no cuts, edits, or do-overs.

Fortunately, we needn't fret. Because one of the great things about Toastmasters, is that if we step on Ginger's foot, or muss Fred's hair, we're forgiven.

**In my opinion, it was a dance for the ages** – a conference against which future conferences will be measured. Dancing among the many members of District 5, who give so freely of themselves, asking nothing in return but to absorb the growth that is the by-product of giving, makes me happy.

It makes me... well, I feel like... I can't think of the words. It makes me feel like...

*"Heaven, I'm in Heaven,  
And my heart beats so that  
I can hardly speak;  
And I seem to find the  
happiness I seek  
When we're out together  
dancing, cheek to cheek."*

*Norm Nomura*



Norm Nomura as "All Day Toastmaster."

Photo by Rick Lakin.

Digital art by Edna P. Nerona.

Inspired by vintage movie posters.

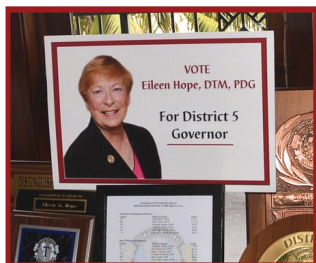


# SPOTLIGHT

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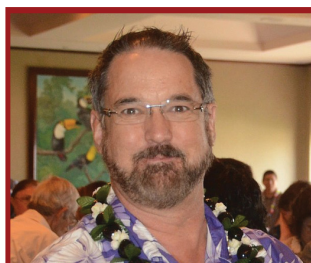
## DISTRICT 5 *Spring 2012 Conference, May 19*



Eileen Hope showcases her accomplishments before the District elections.



Mark Rauschenbach (Southern Division Governor), wins the 'Money Hat.'



Ed Gain, Lt. Gov of Marketing (Smiling BEFORE he presents the club realignment plan.)



Rhonda Walthall praises Eileen Hope for her extraordinary work as Conference Co-Chair.



Malcolm X Pusey, the great announcing voice!



Rhonda Walthall thanks the very creative Elisa Castañeda for her artistic work on conference program and posters.

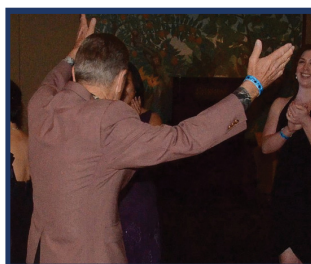
*Excelsior let the magic happen.*



"That's right!  
Norm is NO John Stark!"



"I got moves like  
Fred Astaire  
AND Mick Jagger."



"I'm bringing SEXY back!"

## CONGRATULATIONS RICHARD WIRA District 5 International Speech Champion



## ROBERTA PERRY Keynote Speaker Region 10 International Director



## URBAN MIYARES Communication and Leadership Award Recipient



Crockett  
(seeing eye dog)

Photos Courtesy of Rick Lakin, iCrew. For more photos visit: [flickr.com/icrewdigital](http://flickr.com/icrewdigital)





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## WOW!

**THANK YOU** to the following  
Excelsior members who made  
the D5 Spring 2012 Conference  
a **GREAT** success.

Conference Co-Chairs  
**Eileen Hope &  
Joycelyn Persichilli**

Lt. Governor of Marketing  
**Ed Gain**

Contest Chair &  
Table Topics Contest  
Toastmaster  
**Richard Dial**

Region 10 Advisor  
**Joycelyn Persichilli**

District Treasurer  
**Jan Lewellyn**

International Speech Contest  
Toastmaster  
**Edna P. Nerona**

All Day Toastmaster  
**Norm Nomura**

Graphic Artist  
**Elisa Castañeda**

Gift Basket Challenge Chair  
**Linda Parker**

District Sergeant-At-Arms  
**Malcolm Pusey**

Audio & Visual Support  
**Joe & Elisa Castañeda**

## *The Art of Toastmastering* From Dawn to Dusk



*Norm Nomura*



**Channeling Don Ho,  
"Tiny bubbles. . ."**



**Caffeinated and going strong!**



**Strike a pose!**



*Edna Nerona*

**The night  
shift**



*Richard Dial*



**Going. . .going. . .**



**GONE! And to all a good night.**

Photos Courtesy of Rick Lakin, iCrew.



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(John Murphy continued)



**Exceptional:** Is the parental support and media attention the Youth Leadership programs have attracted in the community.

**District 5 Impact:** John delivered 5 Youth Leadership Programs over the last 2 years which contribute to expanding awareness about the benefits of Toastmasters International programs among future adults and their parents in the community.

The committee was very touched with John's hard work and dedication to the youths in our community.

I would have to agree with the following comment from John:

*"The Youth Leadership Program truly demonstrates that Toastmasters International is an outstanding educational organization devoted to communication and leadership development for the leaders of tomorrow."*

In choosing John as this year's recipient Helen wanted to let our members know that the Toastmasters Youth Leadership is such an important program and it's time that D5 Toastmasters are reminded that there is a program like this -- and that this program is extremely rewarding for those who deliver them.

**Editor's Note:** Joyce Persichilli was **the first recipient** of the Helen Blanchard Trail Blazer Award, receiving this special honor in 2010.

## Joyce Persichilli Continues to Blaze a Trail!

During the May 19, 2012 District 5 Spring Conference, current Region 10 International Director, Roberta Perry, surprised Joyce Persichilli (Region 10 Advisor and DTM) with special recognition. Joyce was highly praised for the hard work, guidance, and support that she has given to Region 10 and its members.



Roberta Perry and Joyce Persichilli.



Photos Courtesy of Rick Lakin.

## EXCELSIOR WELCOMES 2012 - 2013 OFFICERS



PRESIDENT: Richard Dial



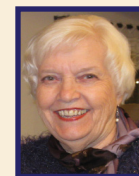
VP, EDUCATION: Jan Lewellyn



VP, MEMBERSHIP: Alma Church



VP, PUBLIC RELATIONS: Marcy Hays



TREASURER: Rose Waring



SECRETARY: Malcolm X. Pusey



SERGEANT AT ARMS: David Allen





# SPOTLIGHT

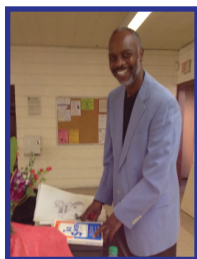
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## OH! EXCELSIOR EXCELS IN ENTHUSIASM!

By Marcy Hays, DTM

OH, yes! Creatively Speaking Toastmasters Club #8469 held an Open House on Monday, May 21st! The event featured Excelsior member, Jim Tucker, DTM, and three-time finalist of Toastmaster International's World Championship of Public Speaking! Jim aptly demonstrated his message about the "Amazing Space" we occupy when we courageously speak to an audience.



Jim Tucker prepares his talk.

In addition to Jim Tucker, several Excelsior members took time to support Jim and to help lure new members to Creatively Speaking Club and the Toastmaster experience. Edna Nerona was very effective as 'ah' counter, [click-click]; Malcolm Pusey and David Allen participated in the silly slap-stick-like tongue twister Table Topics, and Rose Waring, and David Allen chimed in to contribute their 'toast'imonials' touting how Toastmasters' programs have improved their lives!

Excelsior member, Marcy Hays is Presiding Officer of Creatively Speaking; and turned the meeting over to Toastmaster, Kathleen Petrone, Excelsior and Creatively Speaking member. Donna Kuhn, District 5 Secretary cooked up the creative

tongue twister table topics session. Nora Whitmore created a great spread of delightful snacks. Antonio Garcia, an upstart and eloquent example of the energy new members bring to a club, touted the club's Toastmasters' promise.



Jim Tucker and Edna Nerona

Gratitude to Excelsior members for their examples of excellence, all the while exemplifying their heartfelt dedication to Toastmasters and the difference one's commitment to self-empowerment can mean to an individual. Creatively Speaking thanks each Excelsior member, especially Jim Tucker, who gave his time and their time to share Toastmasters' valuable promise:

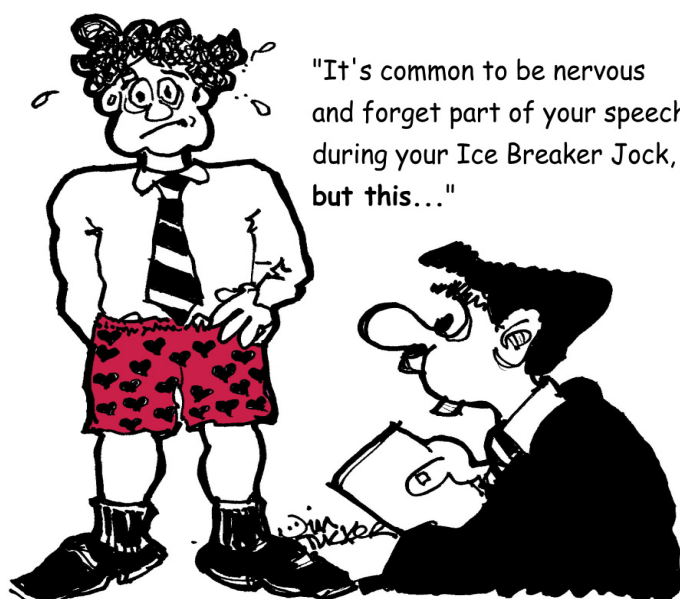
Value and benefits will bless all who choose to 'test the waters' and boldly challenge themselves through examining their own purpose, and Toastmasters offers THAT opportunity!

'Amazing Space'. Jim said it all: when we decide to share our heart with those who need to hear from us, we make a difference. Excelsior members have proven once again through action why they are an advanced club 'by helping the lives of others' as their unstated mission.



Jim Tucker graciously accepts a beautiful bouquet from Marcy Hays and the Creatively Speaking Club.

From the clever and comedic mind of Jim Tucker.



"It's common to be nervous and forget part of your speech during your Ice Breaker Jock, but this..."

From the clever and comedic mind of Jim Tucker.



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## 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:

Marcy Hays

Jan Lewellyn

Edna Nerona

Norm Nomura

Joyce Persichilli

Jim Tucker

## PHOTO CONTRIBUTORS:

Marcy Hays

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)

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May 19, 2012

Happy Birthday to our **exquisite**  
**HELEN BLANCHARD!**



## June 5, 2012 Meeting Roles



**Pledge & Inspiration:** Jim Tucker

**Toastmaster:** Edna Nerona

**Theme:** **Lessons from our Fathers**

**General Evaluator:** Jan Lewellyn

**Ah Counter:** \*\*\*OPEN\*\*\*

**Timer:** Frank Jonasson

**Grammarians:** Joyce Persichilli

**Table Topics:** Linda Parker

### *Speakers:*

--> Bob Clark

--> Richard Dial

--> Robb Lattimer

--> John Stark

For corrections and updates, please contact  
VPE, Jan Lewellyn: [janlewellyn@att.net](mailto:janlewellyn@att.net).

## Happy Father's Day to the Fathers of Excelsior Toastmasters



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

<http://d5toastmasters.org/>

### June 05 - Excelsior Meeting

**June 14 - Thursday, 6pm – 8pm**

### Club Officer Training

Caltrans: 4050 Taylor Street, San Diego, CA 92110

### June 17 - Father's Day

**July 14 - Toastmasters Leadership Institute**

San Diego County Office of Education

Keynote speaker : Lance Miller

World Champion of Public Speaking

**July 19 - Thursday, 6:30pm – 9:00pm**

### Club Officer Training

Solar Turbines: 4200 Ruffin Road, San Diego 92123

**August 15 - 18:** Toastmasters International Conference

Hilton Orlando Bonnet Creek Resort, Orlando, FL