



Excelsior Toastmasters
Club #699

Chartered 1979

CLUB BUSINESS



- How will you serve our Excelsior Club next term? As one of our valued club officers? A consistent attendee? A mentor for the future?
- Please keep your fellow members informed of your achievements and accomplishments by including them in the monthly Spotlight. Email your VPPR & Spotlight editor, Norm Nomura at:

NLNomura@MSN.com

Excelsior Toastmasters meets the first Tuesday of each month at 6 p.m. in the El Fandango Restaurant at Old Town State Historical Park.

a community club welcoming Toastmaster AC's & above

Next Meeting: May 3, 2011 - 6 p.m.

(See below for assignments)

Message from our President

*Joyce Persichilli
President*



This month I thought I would share with you some interesting facts about Toastmasters International. Enjoy!

Founded

October 22, 1924

Leadership

Pat Johnson – *International President*

Michael R. Notaro – *President Elect*

John Lau – *First Vice President*

George Yen – *Second Vice President*

Daniel Rex – *Executive Director*

Benefits

- Clearer communication
- Improved leadership skills
- Better teamwork
- Effective meetings
- Increased productivity
- Positive mentoring
- Complements existing training programs
- Cost-effective

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EXCELSIOR TOASTMASTERS

581 Dimaio Way
Escondido, CA 92027

619-895-1323

<http://excelsiortmc.freetoasthost.ws/>

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Number of Toastmaster Clubs

Worldwide clubs: 12,500+

U.S. clubs: 7,800+

International clubs (not including U.S.): 4,700+

Number of Corporate Toastmasters Clubs

U.S. clubs: 4,100 +

International clubs (not including U.S.): 1,600+

Number of College Toastmasters Clubs

Worldwide clubs: 450+

A Profile of Toastmasters Memberships

Worldwide memberships: 260,000+

U.S. memberships: 156,000+

Average annual household income: \$85,000-\$90,000

75,000 (30%) of members earn \$100,000+ annually

172,500 (69%) of members are between the ages of 35 and 49

205,000 (82%) of members have a college degree

90,000 (36%) have an advanced degree

Gender of Toastmaster Memberships

130,000 (52 %) women

120,000 (48 %) men

What Industries Employ Toastmasters

50,000 (20%) Sales, Consulting, Self Employed

45,000 (18%) Management

30,000 (12%) Education

37,500 (15%) Government

37,500 (15%) Finance and Insurance

50,000 (20%) Other

Toastmasters members come from all over the world (memberships by continent)

188,700 (72%) North America

300 (less than 1%) South America

3,300 (1.25%) Africa

40,800 (15.5%) Asia

11,700 (4.5%) Europe

16,900 (6.5%) Australia (includes Oceania)

How will you serve your club in the next term?

An ounce of action is worth a ton of theory.

~Ralph Waldo Emerson~

MEMBER SPOTLIGHT

CASSANDRA NORTINGTON

The following was submitted by Helen Blanchard to keep us updated on the goings on of former member Cassandra Northington

She moved to the little town of Okmulgee, Oklahoma (population 12,600) and has done so much since she has been there. She started a Toastmaster club, is active in civic affairs, and now this is the second year of a Youth Leadership in their high school (her message to me is below).

"O BTW I started another TM youth leadership at the Okmulgee Hi School yesterday!! There are 26 who signed up for this and have elected their officers already. I'll be informative as things progress. We need to meet 2x a week for all comprehension until the last week of the school year. YEA. I'm paving the trail, no, carving the standard, no, spearheading, no, clearing the path, no, setting the example, no, leading the way WHATEVER for others in District 16 to follow.

What I did to spark interest besides publishing articles in the local paper, was present to the Superintendent of schools who immediately dialed up the HS principal and got the ball rolling! I'm jazzed! "

It's great to hear from a great example of Toastmaster leadership.

"The following members have agreed to run for the corresponding office positions for the 2011/2012 year beginning July 2011. The election will take place at our May 3 meeting. Additional nominations will be accepted at the meeting."
Officer Nominations for 2011/2012 to date:

President - Norm Nomura
VP Education - Eileen Hope
VP Membership - Jean Douglas
VP Public Relations - OPEN
Secretary - Malcolm Pusey
Treasurer - Linda Parker
Sgt. At Arms - Harry Sundblad

Jim Tucker

The 7 Habits of Highly Effective People – Habit 7

(From the book by Stephen R. Covey)

Habit 7: Sharpen the Saw

Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical:	Beneficial eating, exercising, and resting
Social/Emotional:	Making social and meaningful connections with others
Mental:	Learning, reading, writing, and teaching
Spiritual:	Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service

As you renew yourself in each of the four areas, you create growth and change in your life. Sharpen the Saw keeps you fresh so you can continue to practice the other six habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it?

Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation. Or you can totally burn yourself out by overdoing everything. You can pamper yourself mentally and spiritually. Or you can go through life oblivious to your well-being. You can experience vibrant energy. Or you can procrastinate and miss out on the benefits of good health and exercise. You can revitalize yourself and face a new day in peace and harmony. Or you can wake up in the morning full of apathy because your get-up-and-go has got-up-and-gone. Just remember that every day provides a new opportunity for renewal--a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill.

It's Conference Time

May 21, 2011

The District 5 Spring Conference is rapidly approaching. This year it will be held on one day May 21, from 8AM to 5:30PM. The location is Palomar Pomerado Health at 12853 Black Mountain Road in San Diego.

This year our featured guest speaker is the World Famous **Patricia Fripp**, first female president of the National Speakers Association, and a Speaker Hall of Fame member.

Her topic "Good to Great: Taking Your Presentations to the Next Level" is a MUST see. She will also be conducting a coaching workshop. Will you be one of the lucky few to be coached live?

Of course the conference is where we will conduct the semi-annual business meeting and crown the winners of the District International Speech and Table Topics contests.

At press time, still in the running to compete at the District Conference are **Edna Nerona** in Central Division Table Topics, **Richard Wira** in Eastern Division International Speech, and **Norm Nomura** in Northern Division International Speech. Let's wish them well.

Registration information is available at the d5 website. Full day registration is \$45. Come early for the business meeting and stay for the day's events. See our own **Jan Lewellyn**, District Treasurer to register.

Meeting: May 3, 2011
 Theme:
Spring Forward

June 7, 2011
 Theme:
Election of Officers

Thought	Alma Church
Toastmaster	Eileen Hope
Topic Master	Helen Blanchard
General Evaluator	Norm Nomura
Ah Counter	John Stark
Timer	Joyce Pershichilli
Grammarians	Alma Church
Speaker #1	David Allen
Speaker #2	Jan Lewellyn
Speaker #3	Malcolm Pusey
Speaker #4	Diana Greg

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Timer	Jim Tucker
Grammarians	Ed Gain
Speaker #1	Earl Chinn
Speaker #2	Norm Nomura
Speaker #3	Rose Waring
Speaker #4	John Stark



Excelsior Officers – 2010/2011

President – Joyce Persichilli
 VP Education – Alma Church
 VP Membership – Bryan Lubic
 VP Public Relations – Norm Nomura
 Secretary – Eileen Hope
 Treasurer – Linda Parker
 Sgt. At Arms – David Allen