

PAN PACIFIC TOASTMASTERS NEWSLETTER

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Opening Remark

Dear Readers,

Where else would allow you to make the mistakes you need to make to get better in public speaking? Our Toastmasters club is one place that allows you to make all the mistakes that are needed to make in order to bring your communication skills to the next level. You won't be alone, since you will also be learning from the mistakes of other fellow Toastmasters who are on the same journey as you in improving themselves. Come to be a part of us and bravely make and learn from the mistakes while confidently looking forward to become better and better.

~ Chao Fan

Hall of Fame

- ❖ Let us congratulate **Vanessa Vollmer** for publishing a new book, *Adapt or Perish! How to Survive the Firestorm of Change in Business, Leadership, and Career*. Vanessa, one of our very own Toastmasters and the founder of Success Realized, has co-authored this book with several other experts in helping people to see how change equates to opportunity! Don't forget to get a signed copy from her!

Club News Capture

❖ May 29th, 2011

The club stepped out of its traditional air-conditioned meeting room into the yard outside to have the Toastmasters experience under the sunshine. The fun, windy, memorable meeting was made even more special with an impromptu speech from Hon Lien titled “Life is a miracle”, an inspirational talk about Ghandi from Sushma, and thought provocative Table Topics questions from Vanessa.

❖ June 4th, 2011

Once again, the Leadership and Communication Education (LACE) workshops were held on June 4th and 18th in Chapman University and Rio Hondo College. These workshops are open to the public, so one doesn't have to be a Toastmaster to benefit from this luxurious training, which surprisingly only costs ~\$12! Don't miss it next time!

LACE



❖ June 19th, 2011

An open house for our club was held in the Microsoft Super Store in South Coast Plaza in an attempt to enlist some of the 3C fanatics to become “Toastmater-natics”! Presentations by our fellow club members were made on the store's super large screen. Voices of the presenters were also amplified with a microphone to make sure that no one misses their messages. Among the presenters were Ross who made a presentation on International Business and Vanessa who made a presentation on Stress Management. An award was also handed out by our previous area governor, Sushma, to our club for our club's website design.

❖ July 3rd, 2011

A new batch of officers were installed this July. They are as follows: Emil as the president, Sushma as the VP of education, Bill as the VP of membership, Vanessa as the VP of public relations, Ross as the sergeant of arms, Beverly as the secretary, and Shirley as the treasurer. Let us thank the new team for undertaking the club officer responsibilities and keeping our club running!!

❖ Oct 1st, 2011

Watch out! Our club is coming to the Global Village Festival in Irvine this October 1st! Our club will have a booth there to share the joy of being Toastmasters with the crowd. Please come check us out! We'll be certain to have an enthusiastic Toastmaster there to explain what Toastmasters is all about and answer any questions you may have about our club!



Ice Breaker Speech

Do you want to know who I am? I am a dreamer ... And if the universe cooperates with me, my dreams, no matter the size, do come true. At the times when the universe ignores my dreams, I get disappointed... However, I am beginning to understand more and more that those wishes are simply delayed responses and will materialize when I am more ready to embrace them.

I am in the USA now, but I was born on a different European continent. Why did I end up here? Because deep inside I had a dream, nothing specific though, but I knew I wanted to live in a place where my full potential could be used, where I would feel truly alive, vivacious, and happy! Of course, I had no clue about what it could be.

I was growing up in Ukraine, which used to be part of USSR, where fifteen republics had been blended into one country in 1917. Life there was pretty modest, and my childhood was pretty uneventful. I went to school, took dance classes, had friends,

and my parents took care of me. That was the time of the Cold War, and our government consistently brainwashed us to believe that everything beyond the borders of our wonderful country was wrong.

In the meantime, shelves in our stores were empty; we had to spend hours in long lines just to get meat, butter, coffee, and even toilet paper. But we thought it was normal since we didn't know any better. What else did we have? We had beautiful historical architecture that impressed all tourists, but apartment buildings where we lived were small and often shabby, with graffiti covered walls. We showed off our fake wealth at dinner parties where we would offer our guests a table full of abundant dishes, literally a feast fit for a king. But the next morning we would have to get up early to wait an hour for a bus to get to work, or school, or elsewhere. On weekends, we would have to do endless chores like washing clothes with hands, which often resulted in scraped off skin on the hands, and again go shopping for food and stand in endless lines, or cook meals from scratch. At times, we

acutely felt the frustration and dissatisfaction with the circumstances, but there was nothing we could do to change them.

However, later, in my teenage years, a chain of events that began in Eastern Europe had also swept through our nation and caused drastic changes in every sphere of our lives. The Soviet Union collapsed, and people began talking about democracy and free speech. Even though we were excited to build a new society, it was the time of darkness and desperation. We were faced with painful inflation (some people lost all their lifetime savings); we experienced the deficit of basic goods (store shelves were emptier than before), and other obstacles, of course.

At this time, I was graduating from high school, so what prospects did I have ahead of me? They were not very bright, as you can imagine. If a psychic had come to me back then to reveal my future destiny that I would be in the United States within two years, I would have never, never believed it. But it happened.

Looking back on my life prior to that, I can clearly see that my circumstances were deliberately leading me to this outcome. I thought I was merely going with the flow, but I was actually doing the things that brought me closer to my goals. Apparently, the universe knew my dreams and had a specific plan for me.

First of all, beginning the first grade, I attended a school which specialized in intensive English courses. I had no idea that I would need so much English in the future. I even chose English major at the university to become a translator in my country, but as it turned out later, the purpose of English learning was even bigger.

Then one day, the universe sent into my life a man who became my husband and who took me to the United States. It seemed so insane! Through various twists and turns I did get what I wanted. My life did become so much better; I felt really happy. My dream did indeed materialize! It was a breakthrough for my whole family. As you see, first a seed, an idea, was planted in my mind, then it was cultivated by my efforts along with the assistance I got from the universe. Life is a journey and a chain of accompanying events, encounters, new faces. So as the journey continues, new ideas arise... and spur you to dream and to act.

Another example of a dream come true was finding a job. Once again, a happy encounter helped me. I was taking care of my two infant children, simultaneously studying for university exams. The graduation day arrived but the exhilaration and euphoria ended when it dawned on me I had to look for a job. What job? What could I do with an English degree in the USA? One of my friends suggested that I become an ESL instructor. I thought it was an outrageous idea. It seemed the same as if a foreigner came to my country and claimed he or she could teach native speakers Russian or Ukrainian. Still, I decided to give it a shot.

I started calling community colleges to see if they had any openings for an ESL position. That's how I came across a Russian woman who happened to be in charge of the ESL department at Riverside Community College. Certainly, this factor helped me to get hired. That's how my teaching career began in the United States, again by a fortunate coincidence.

After that new dreams followed and they continued to come true. I always wanted to live in a beautiful area like Orange County. Besides the fact that it was more expensive to live there, I couldn't simply quit my job and move. Certainly I didn't know how to achieve this goal, but destiny smiled at me again.

An unexpected twist in my circumstances allowed me to leave my old area. Despite not having any replacement for my job, I took a risk and terminated my employment in college. To my surprise, the new town I chose as my new residence had a beautiful university. So I applied for a job there and got hired as a writing specialist. Five years later, I am still enjoying working there.

I have new dreams pending right now, and I know they will come true one day for sure. I have a faith in that. I will be patient and work hard, and learn more, and work on myself in every possible way. It's just a process. So I will continue dreaming...

~ Elena Powell

Positive Energizers in Organizations

What people give to relationships versus what they receive makes a difference on performance. Why? Giving support factors and pro-social behavior.

Positive Energizers are viewed as altruistic, compassionate and are optimistic. Positive Energizers create, enable and support others. They uplift others, and share good energy through enthusiasm. Interacting with them is an inspiring experience that motivates others.

Negative Energizers are found to deplete others, sap energy that leave others feeling exhausted and diminished. According to research, they are viewed as rigid, critical, selfish and untrustworthy.

Positive Energizer behaviors are learned and not an innate personality trait. Positive Energizers benefit organizations by helping others to perform better. Positive Energizers are four times more likely to succeed than those at the center of an information network. Leaders in organizations build positive energy networks and support performance. Successful organizations are found to have three times as many Positive Energizers. Productivity is higher by 1.5 times in these organizations.

"Who" energizes people in your organization? Why do they inspire you?

Did you know that people who share information in a positive way have better personal and work relationships? Research shows the ratio of positive to negative statements is predictive of communication and success.

The Gottman Index uses a reference ratio of 5:1 to predict sustainability and success in relationships. People who experience more positive interchanges than negative have more connectivity, positive emotions and coordination of actions in business. Empirical studies support that when people who experience at least three positive interactions for every one negative, they are more likely to flourish!

When Leaders communicate sincerely, it leads to accomplishments. Expressions of support are important. Untrustworthy comments have a negative effect. There is a fine balance to uphold. Too much positivity can lead to complacency. Too much negativity can lead to apathy, burnout and withdrawal. For better results, be descriptive of behavior, not judgmental of others.

Focusing on situations and sought after results preserve relationships.

Positive Leaders enrich the lives of others since they provide quality feedback on strengths, communication, positive meaning and opportunities for increased engagement to accomplish actions for performance.

“Best self” feedback focuses on supportive communication and strengths. Developed at the University of Michigan, you can find out more regarding reflective “best self” exercise at <http://www.centerforpos.org/>. Get your positive best!

~ **Vanessa Vollmer**

Tip of the Day

Don't forget the old saying:

“Yesterday is history, tomorrow a mystery,
today is a gift, that's why it's called the present.”

President's Vision

Fellow Toastmasters,
8/12/2011

I'm going to share with you my vision for the Pan Pacific club with the hope you will give me your support.

1. A conduct in the club

"Tell a story, be brief and be seated" – this is going to be a credo of my presidency. You must have already noticed that whenever you step outside of the club that people who express themselves in the most succinct, coherent way, without rambling, equivocating or going off tangent – attract attention and most importantly, are listened to. So let's try to use this adage in the club "Tell a story, be brief and be seated" whenever opportunity arises.

2. Education

My next goal is to stress education ... emphatically. In spite of the fact that we represent different cultures we are united with one universal desire ... to learn.

We shall learn how to make better responses to Table Topic questions and we shall learn how to make speeches from the best in the field. The club executive committee along with members will discuss ways to implement this vision.

We shall receive evaluations for roles played during regular meetings as: (a) Toastmaster of the Day, (b) General Evaluator, (c) Time Keeper, or (d) Grammarian.

The booklet titled "Competent Leader" provides forms for such evaluations. Without a proper and timely feedback one doesn't learn efficiently, mistakes are reinforced and good points get lost. We will use the "Competent Leader" booklet for evaluations.

We shall evaluate congruency between the speaker's body gestures and the speaker's voice. If one speaks of happiness and the voice is monotonous; or if one calls for action and the voice shows tiredness – then we have a case of incongruence, or dissonance just like two instruments play discord music. This needs to be pointed out in our respective evaluations if we wish to become effective communicators.

These are my "vision" points to strive for in the club in the coming year (and beyond). May I count on your support in getting this vision implemented?

Welcome to Our Club!

The club is excited to have
Diggy Breiling
joining us this season!

Club Information

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We Love to have New Members. Please Come Join Us!

Pan Pacific Toastmasters is a Toastmasters International Club Located in Irvine, CA (Club F-9314, Area F-4)
The Club Meets Every Other Sunday at 10am at Irvine Ranch Water District

President
Emil Stempel

Secretary
Beverly Moss-Jones

VP of Education
Sushma Raiput

VP of Public Relations
VaNessa Vollmer

**Club
Officers**

Treasurer
Shirley Tseng

VP of Membership
Bill Chang

Sergeant at Arms
Ross Johnson

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