

PAN PACIFIC TOASTMASTERS NEWSLETTER

Volume 1, Issue 1, December 2009

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Opening Remark

Dear Readers,

Pan Pacific Toastmasters is starting out again in newsletter publishing! Since we have been capturing minutes of our meetings in emails, this newsletter serves as a summary of our accomplishments and happenings in a season. Furthermore, the newsletter serves as a platform where members can share ideas, thoughts and also showcase their creativity. For readers who have not yet joined our club, we hope you can come join us and become a part of the synergy that makes our club unique. Enjoy and happy reading!

~ Chao Fan, VP of Public Relations

Hall of Fame

- ❖ **Sushma Rajput**, our past club president, is now our **Area F4 Club Governor** (July 09')!
- ❖ **Our Club** received a ribbon for being a **Distinguished Club** for 2008-2009 (Aug. 09')!
- ❖ **Koting Lo** has achieved her **Competent Leadership Goal** this year!
- ❖ **VaNessa Vollmer** has achieved her **Competent Communication Goal** this year!
- ❖ **Emil Stempel & Koting Lo** were our **club contest winners** who represented our club in Humorous Speech & Evaluation Contests held by our area (Founder's District Area F3 & F4) on Sept. 26th!
- ❖ **Arulselvi Amirrthalingam** is the **Toastmaster of the Year** for Div. F (Aug. 09')! Also, she represented her other club, Speak & Lead Toastmasters, and won the **1st place for the Div. F4 humorous speech contest** held on Sept. 26th!

Club News Capture

❖ Nov. 1st, 2009

Spooky Halloween meeting was held this November. Many of the club members were dressed to impress! We also got the youngest guest, Selvi's daughter, to come visit us in this spooky meeting. The speakers were also armed with artifacts to impress the audience. I-Tuan displayed several of her "handheld cooling devices" while talking about the art of fans, while Ross showcased his genuine rug collections in his speech on the history of ancient rugs. This spooky themed meeting was full of fun.



❖ Nov. 14th, 2009

The Founder's District Fall Conference was held this November. The keynote speaker was Carl Walsh, the winner of the 2009 Region II International Speech Contest. The humorous & evaluation contests were held during the conference and featured finalists from the eight divisions in Founder's District. One of the finalists is our very own club president, Selvi, who represented Div. F4 to participate in the humorous speech contest. She gave a great performance that drew lots of laughs from the audience!



❖ Dec. 20th, 2009

To celebrate our last meeting of the year, we had a wonderful potluck together. In this meeting, Chao shared her vanpool-to-work experience, while Irina completed her Advanced Storytelling Manual with a story on love and courage. Later on, in the Table Topics session, we enjoyed food while listening to our fellow members' New Year's resolutions and wish lists for Santa. The last meeting of this year was filled with joy and hope for the coming New Year.



Club Founding History

The Pan Pacific Toastmasters Club (previously known as the South Coast Irvine Community Toastmasters Club) was founded in the spring of 1993 after a great team effort to get the required 20 founding members. The 20th member took two months to recruit. As we all know, giving birth to a new organization is not easy. Bringing up a fledgling young organization to maturity is even harder. For that, we have many people to thank for. Especially, we have to thank I-Tuan Wang and Bill Chang for their continuing efforts and enthusiasm in the club.

Before forming the Pan Pacific Toastmasters Club, I had been involved with a Toastmasters club at General Dynamics Corporation in Pomona. Bill, at that time, had been a long time Toastmaster at the Aerospace Corporation in El Segundo. When Bill and I were both involved with the South Coast Chinese Cultural Association (SCCCA) in Irvine, we realized that many of our fellow SCCCA members needed help to develop their English speaking skills and public presentation skills. When we discovered that we both were Toastmasters,

we came to the same conclusion that we need to form a new Toastmasters club in Irvine so that the SCCCA members could also enjoy the Toastmasters benefits.

To help us recruit the necessary 20 founding members, both Bill and I requested experienced Toastmasters from our existing Toastmasters clubs to come and give demonstrations in several of our member recruitment meetings. These experienced Toastmasters showed us different speaking and presentation styles. They also demonstrated how they would give speech evaluations, showing us how to use evaluation criteria and deliver evaluation comments.

Very early on, Bill and I found I-Tuan to be a willing, enthusiastic and very capable new member and a very capable recruiter. With our team effort and a couple of recruiting meetings, we were able to gather the required number of members to start the club.

It was right after the 1993 spring break that we had our very first Toastmasters club meeting at the Irvine College Park Community

Center. Our regional and area Toastmasters presidents, representing the Toastmasters International organization, came to the meeting to officiate this new Toastmasters club and to welcome its members. Bill gave the launching ceremonial speech and we were ready on our way to improve our public speaking skills.

The founding members of this Toastmasters club not only improved their public speaking skills, but also further enhanced their lives and their participation in other community organizations because of their improved self confidence.

It has been my pleasure and a privilege to be associated with the formation of the Pan Pacific Toastmasters Club. Due to my job demands, I have not been active in the Toastmasters organization for a very long time, but fortunately, Bill and I-Tuan have been caring enough to keep watching over the club and its members so that the club can continue to run until today.

Bill and I-Tuan have periodically informed me on the happenings in the Toastmasters club, and we have talked about holding some recruiting drives to further expand its membership. Perhaps we can organize a reunion of the first 20 founding members in not too distant future, and use that occasion to conduct the planned recruitment drive. Let's look forward to a collective effort to revitalize Pan Pacific Toastmasters with the next generation of new members.



~ Kenneth C. Pao

Motivation

If you ever set a foot in any bookstore you'll find a section there that is richly stocked up with books on self-improvement: be that a subject of psychology of happiness or successful relationships, or just feel good attitude. Among a plethora of catchy titles the books on self-motivation are rather in a short supply. Learning more about the subject of motivation might open for you a much desired path to self-fulfillment.

What motivates you to do something? How do you harness your thinking, your energies and your whole personae to get things done? Undoubtedly, when you attend the Toastmasters meetings, when you take

some classes for intellectual enrichment, when you do some volunteer work, etc. – you have acted because you are motivated by “something.”

What is that “something?” What is this peculiar attribute that moves you to action?

One of the potent motivators is economical necessity, especially when your livelihood depends on receiving a regular paycheck. Also, if another important person in your life such as a parent, or a spouse, or your boss exerts pressure on you (read – an important person is nagging you non-stop) then such a pressure may motivate you to act.

However, both (1) economical necessity and (2) outside pressure are external motivators and work only up to a point. If you are pushed too hard to do something you may resent it and possibly rebel. I suspect that most of you prefer to motivate yourself. The question is how you motivate yourself.

One of the most potent motivators is curiosity. It works well for those who enjoy learning. Some of you might like a challenge of solving a problem, be that a research problem or a Sudoku puzzle. On the other hand some of you might be highly competitive either in sport or intellectual pursuits and will do anything to be the first at the finish line or study hard to get best grades. These are just a few internal motivators. Undoubtedly, you know more.

Ralph Waldo Emerson said: "What lies behind us and what lies before us are small

matters compared to what lies within us." His wisdom translates into our ability to motivate ourselves. Does someone have to prod you to achieve your goals or you are in possession of that remarkable internal flame called motivation - that makes you ACT on your own? How do you get motivated? What makes you "tick?" It is something to ponder at the beginning of the New Year.



~ Emil Stempel, DTM

Inspirational Thoughts

When people feel buried or overwhelmed by everything that is going on in today's economy, consider the difference between feeling buried versus being planted. When people feel buried they may feel like they don't have much help or much hope for what they are dealing with. However, when they feel planted, it offers new opportunities for potential growth with the hope of something wonderful to sprout, grow and eventually blossom. It is this hope and optimism that facilitates our continued success even through the most challenging times. If you see someone who is overwhelmed, perhaps you could share some of your sunshine for their garden. It's a slight paradigm shift, however one that can grow endless possibilities.

~VaNessa Vollmer, CC

Welcome to Our Club!

The club is excited to have
Go Matsuura
as our new club members this year!

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
Selvi Amirrthalingam

Secretary
Beverly Moss-Jones

VP of Education
VaNessa Vollmer

**Club
Officers**

VP of Public Relations
Chao Fan

Treasurer
Shirley Tseng

VP of Membership
Canna Katutani

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