



THE ALOHA LEADER

February 2004



Fall Conference 2003: 'Saluting Achievement'

by Michelle J. Santos, Editor
VP PR Battleship Missouri 123

A **wesome!** That is the one word I can use to describe the entire conference. As the second district conference I've attended since I became Toastmaster, I'd say that it just gets better! But for those of you who missed this opportunity (or you who want to reminisce great memories) here's a recap.

An all day event, the conference was held on November 22, 2003 at the Waikiki Beach Marriott. The District theme was **SALUTING ACHIEVEMENT**. Over one hundred thirty attendees came with high expectations and a desire to experience another life-changing event from our District 49.

The conference was elevated to a higher level by having power-packed educational workshops and presentations conducted by esteemed Toastmasters as well as others in the community who are known for their expertise, and who graced the stage and impacted our attendees.

Our very own Tim Keck's (DTM, PID) session on **"Leadership Development: Toastmasters' New Frontier"** shared with us the 7 step plan for providing feedback. His memorable Oreo cookie approach hit home as a model for a great way of giving a critique. Jeff Beard's, (DTM, PDG) **"Moments of Truth"** outlined how to strengthen and maintain the Club such as first impressions, fellowship, variety and communication. By providing a worksheet, our attendees generated a heightened awareness and were empowered by this module.

Midweek's Linda Dela Cruz gave us news media pointers on **"How to Publicize Your Club"** by providing her own examples and suggestions for effective promotions for our clubs.

A spectacular session was given by Hawaii's Presentation Coach, Pam Chambers on **"Coaching for Excellence: How to be Truthful, Honest, and Diplomatic When Guiding People to Do Their Best."** She outlined several points that are useful not only when dealing with our clubs but also in the workplace and personal relationships.

We also witnessed the product of our Youth Leadership program recently held at Campbell High School. Spearheaded by Lina Carahasen (CTM, CL) and Jim Jones (DTM) under the First Hawaiian Center sponsorship, they conducted 8 sessions for 1 1/2 hours after school from Aug – Nov on the school's premises. One of their advisors Paula Casamina, became instrumental in reinforcing the knowledge gained in her classes. As a result, the program included 17 participants (serving as Student Council Members and Senior Class Officers) as well as their own Principal Dr. Gail Awakuni and ROTC Commander John Hutchinson. As a laurel leaf to this achievement, nine of these high school seniors (Audra Takushi, Eduardo Duquez, Ofelia Bumanglag, Krystle Duldulao, May Guevara, Tiffany Ho, Jackie Lata, Lorraine Lizardo, Jeanette Padilla) came. Two of the students gave speeches demonstrating the skills they learned from the program.

A high point of the entire conference was our luncheon speaker, Governor Linda Lingle, who came in spite of her busy schedule. As the Campbell High School ROTC Color Guard escorted her to the podium, all attendees were on their feet to greet the former Maui Toastmaster and the strongest endorser of the benefits of the organization. The CEO of the State of Hawaii gave a short speech and a Q & A session to our attendees. A plaque to honor the Governor was

given by our District Governor, Mercedes Balli and a Proclamation from Governor Lingle took place in return. It was an exhilarating moment.

After the Governor's visit, Elaine Glover (DTM, IPDG) presented the Annual District 49 Awards for 2002-2003. So here is the rundown of our Hall of Fame:

Outstanding Area Governor: Nelson Nakagawa
Outstanding Division Governor: Larry Lands
District 49 Toastmaster of the Year: Ron Mobley

Club Outstanding Toastmasters Fall 2003:

Patricia Aiken, No Ka Oi Club
Lina Carahasen, First Hawaiian Center Club
Elaine Glover, Pineapple Country Club
Paul Hoe, Bankcorp Club
Jim Jones, Pacific Voices Club
Michael Lorence, Camp Smith Club
Dennis Markunas, Polyglot HPU Club
Sheri McNerthney, Maui Toastmasters
Joyce Meguro, Hickam Club
Rita Mihaly, Kihei Club
Nelson Nakagawa, Nu`uanu Toastmasters
Wayne Nakamoto, Lili`uokalani Club
Cheryl Octavio, East Hawaii Club
Cheryl Piche, Bishop Square Club
Max Raksasat, Kama`aina Club
Bob Sommers, Maui Speakers Association
Sherry Stowell, Queen's Medical Association
Jeremy Work, Battleship Missouri Club

Finally, we saluted and recognized our respected fellow Toastmasters achievements that day with trophies and certificates for our contest winners. In the Humorous Speech contest these three won: First Place: **Daniela Paluselli** of 4012 East West called "First Love"; Second Place: **Ed Takeya** of 1780 Palolo "Daddy's Rules"; and Third Place: **Ziad "Z" Khalaf** of 5244 Mililani "A Visit to Baghdad." In the Evaluation Speech category, **David Adams**, CTM of 248 Hilo won first place. **Joyce Matsuo** of 2810 Nooners as second while **Doug Kelly** of 3701 Ala Moana won third.

Those who were newcomers were thrilled they came, and left with a solid understanding of what Toastmasters offers. Governor Lingle says, "[that Toastmasters] is the least expensive personal improvement program available." For those of us who have been members for awhile, we left with a refreshed mind and gained more reasons why we are Toastmasters. There is nowhere else in this state that we are able to experience such opportunities for a very reasonable price. So for the next conference, make sure you attend because you wouldn't want to miss another great event like this.

DREAMTEAM SPOTLIGHT



THE MANY HATS OF DAVE SEARS

Jill Carter

Our fearless President of Mililani Toastmasters, Club 5244, is Dave Sears. I say fearless because he is a whirlwind of leadership roles all wrapped up into one tireless body. He attends Monday night meetings carrying his "Toastmasters" duffle bag. Dave is always a professional leader and speaker who inspires club members with his natural style of speech.

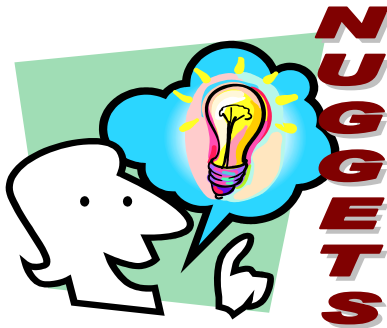
On Tuesday and Thursday nights, Dave switches hats as he is the Roundtable Commissioner of the Boy Scouts of America Koolina District. On Wednesday nights, he is Assistant Scout Master of Troop 126. Dave also carries the title of "Boy Scouts of America Wood Badge Course Director" and is involved with the Boy Scouts of America Pow Wow Division.

Friday nights you can find Dave at Hawaii Pacific University where he is working towards his Bachelor of Arts degree. On Sundays, Dave is teaching Sunday School at Hope Chapel Kapolei. He is also involved with the American Legion Club.

By the way, did I mention that Dave is the Area 6 Governor of Toastmasters International District 49? Yes siree, he wears many hats in addition to his full time job and raising his two sons; Christopher, 14, who attends Kapolei High School and Cody, 11,

who attends Kapolei Middle School. Can you imagine all the duffle bags he carries?

Our hats go off to you, Dave, for your many leadership roles and your unselfish dedication and devotion to give back to our community.



CHOICE, The Decision Is Yours!

There is a better way to live! The key to that better way is very simple but it will take action on your part. That action is: Choice! The key is choice. You have options. You need not spend your life wallowing in failure, ignorance, grief, poverty, shame, and self-pity. But, hold on! If this is true, then why have so many among us apparently elected to live in that manner? The answer is obvious. Those who live in unhappy failure have never exercised their options for a better way of life because they have never been aware that they had any choices! I have three areas where choices need to be made for anyone who seems stuck in a rut. Setting Goals, Creating Positive Thoughts, and Taking Action on those decision. Yet, remember taking these steps is your choice to make.

Setting Goals. The poorest of all people is not the person without a cent but the person without a dream. Every day all of us make hundreds of choices, most of them so menial and habitual that they are almost as automatic as breathing. The majority of humans wander along the pathway of years without any destination, goal or road map. Since so many don't know where they are, or where they're going, they are always struggling merely to survive, forever on the defensive.

You don't have to live this way! Your future is unlimited and you can control your destination. Of course, accomplishing goals requires some action on your part. Don't set goals that don't stretch you, make you reach a little farther, test yourself against yourself, and don't worry about what others think about you or your goals. Determine what you want and then go after it with a passion. First, SEE yourself as completing your goal.

Second, VERBALIZE your goal, don't speak negatives, be positive. Third, daily, DO something to help accomplish your goals.

Thoughts. Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about it. (Phil. 4.8 TLB) A major part of choice is where your mind is at. Many of the people who survived as POW's said that the way they did it, was by keeping their minds on positive things, about their families and loved ones. Don't let others control this aspect of your life. It is really the only thing you do have total and absolute control over on this earth. You can change your world! To achieve anything worthwhile in life it is necessary to set high goals for yourself and want to achieve them. Have you thought about the high goals you would like to achieve?

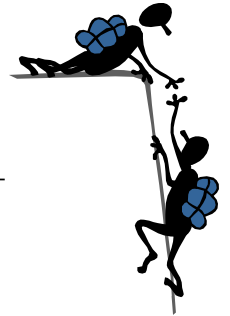
Actions. Keep in touch with your dreams! Develop action habits. Do something physical to accomplish one of the steps in your life's plan. If you want to get more education, go sign up for a class, buy or borrow a book and read it. If you want to improve your health, go for a walk, to the gym, do some yard work, anything to work your muscles. You want to become a CTM, ATM or DTM, sign up for and give your next speech. Get excited about what you do, give it your all. Create a sense of urgency in all you do. With that sense of urgency remember that yesterday is gone forever and tomorrow may never come, but today is in your hands. Accomplish what has been set before you by your choices.

Choice! The decision is yours. Only you can decide what your life will be. If your decision is to let others decide your road map in life, so be it. I don't think any of you are like that. I think you can make your own decisions, YOU choose to do something to better society, YOU choose to do something to better your neighbors, YOU choose to do something to better your family, and finally, YOU choose to better yourself.



Do you have any questions or ideas of how we can spread the word about Toastmasters? Call 922-TALK (8255) or email our newsletter team at richard.hernandez14@gte.net

THE ALOHA DISTRICT NEWSLETTER



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Editor & Layout Design Michelle J. Santos

2003-2004 Aloha District 49 Officers

District Governor	Mercedes Balli, DTM Winner's Circle II (4822)
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Lt. Gov of Marketing	Terrance Roughton, DTM Nooners (2810)
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For information on joining or building a club, call: **808.922.TALK (8255)**.
email [via](mailto:richard.hernandez14@gte.net) web: <http://www.district49.org>

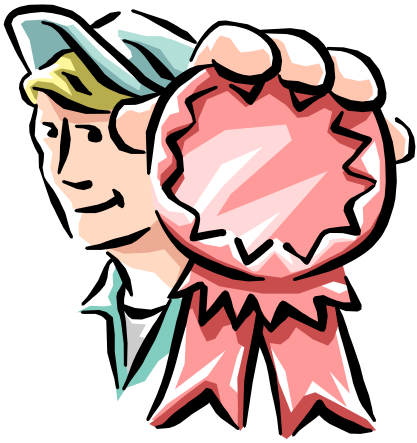
To submit articles, Email Richard Hernandez at richard.hernandez14@gte.net

Toastmasters International is a non-profit educational organization that teaches communication skills and leadership in the venue of public speaking through a worldwide network of clubs. The organization currently has over 180,000 members in over 9,000 clubs in 70 countries. Since its founding over 75 years ago in October 1924, the organization has helped some four million men and women give presentations with poise and confidence.

The mission of District 49 is to enhance the performance and extend the network of Clubs, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational programs by:

- Focusing on the critical success factors as specified by the District educational and membership goals.
- Ensuring that each Club effectively fulfills its responsibilities to its members.
- Providing effective training and leadership development opportunities for Club and District officers.

The **Aloha District Newsletter** is published every other month by the Aloha Hawaii Toastmasters District 49 electronically and is distributed through the district's website, <http://www.district49.org>. It is published to promote the ideas and goals of the Aloha District 49. This publication carries only authorized articles and notices regarding the activities and interests of the organization, but responsibility is not assumed for the opinions of the authors of other articles. © 2003-2004 by Aloha Hawaii Toastmasters District 49. All rights reserved.



HALL OF FAME

The District extends its congratulations to the following who were recognized for their achievements during the Fall Conference 2003:

Distinguished Toastmaster (DTM):

Flo Johnsen
Larry Lands

Advanced Toastmaster Gold (ATMG):

Ron Neff

Advanced Toastmaster Silver (ATMS):

Lily Chow
Debbie Revilla
Doug Kelly

Advanced Toastmasters Bronze (ATMB):

Connie Cunigan
Ron Mobley
Bertha Kauai
Steven Lugo
Terrance Roughton
John Travis

Leadership Excellence:

Flo Johnsen
Joanna Lands
Doug Kelly

Advanced Leader (AL):

Larry Lands

Competent Toastmaster (CTM):

Fred Carahaser
Chuck Frumin
Sunny Gutierrez
Theodore Harada
Lyndsey Haraguchi
Alan Hirayama
Lane Holdcroft
Jonathan Janus
Kenneth LeGrand
Leonard Licina
Michael Lorence
John Bohling
Tracy Boynton
William Carreira
Donna Clayton
Rosanne Donohoe
Tom Dygon
Elizabeth Egna
Kenneth Franklin
Miyuki Merry
Keith Morris
Marvin Nakajima
Jason Pati
Jan Robinson
Julie Rose
Jackie Taylor
Linda Turnbull
Selma Yamamoto

THE LEADERSHIP INSTITUTE

On January 24th, 2004 nearly a hundred club officers attended the District's Leadership training at Tripler Medical Hospital. Lead by our own LTGED, Larry Lands (DTM), an entire morning was spent preparing our current officers for their respective roles for Spring 2004. For those who missed it, a make-up session is forthcoming:

WHAT: TLI & Officers Training

WHEN: February 21, 2004 (09:30 AM-12:00PM)

WHERE: Tripler Hospital 10th Floor



REMINDERS

February

- 13 Fri DISTRICT TREASURER- send report for July 1- December 31 to District Governor and HQ
- 21 Sat DEC Officers Meeting.
Tripler Nurses Conf. Room (8:00 AM- 9:30 AM)
- The Leadership Institute Officers Training
Tripler Hospital, 10th Floor (9:30 AM- 12:00 PM)

March

- 13 Sat Area 4 International Speech and Table Topics Contest
(9:00 AM-12:00 PM)
- 15 Mon DISTRICT TREASURER- send report for July 1- January 31 to District Governor
- 20 Sat DEC Officers Meeting.
Tripler Nurses Conf. Room (9:00 AM- 10:00AM)
- 24 Wed Area 10 International Speech & Table Topics Contest
First Hawaiian Center - 999 Bishop Street
6th Floor Training Room (5:30 PM-8:00PM)
Contact Lina Carahasen for more info - 525-8909