

DISTRICT 29 TOASTMASTERS ANNUAL CONFERENCE

20 19



MAY 10 AND 11, 2019
"EMBRACING CHANGE"



#2019ConfTMD29



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Fellow Toastmasters in District 29,

Welcome to your district conference Embracing Change. This is a Golden opportunity to meet and greet fellow Toastmasters throughout the district, to develop new friendships and renew existing relationships.

Take this opportunity to attend educational sessions to learn new ways to strengthen your club and to further your personal and professional skill development in communication and leadership. Celebrate member and club achievements with fellow Toastmasters in your district and plan for the future. Cheer on the speech competitors! Enjoy your district's competitive events. The international speech competition culminates in the World Championship of Public Speaking at the Toastmasters International Convention in Denver, Colorado in August 2019. Will your contestant take the world stage?

At your conference you will elect future district leaders. What are your district's long-term goals and who are the best candidates to lead your district into the future? Interview the candidates, ask them how they will lead, and select wisely. Then support them as they lead your district.

Consider your future in Toastmasters. What are your goals going forward? Use the conference experience to help you identify your next steps in communication and leadership. Look for Golden nuggets of learning throughout the conference, and when you return to your club, share your experiences with members who could not attend. When they hear about your experiences, they will feel like they were a part of it and encourage them to attend next year.

Relish the complete conference experience as you continue your Golden Toastmaster journey!

With Golden gratitude,

Lark Doley, DTM
International President 2018-2019

Conference Agenda

Start	End	Activity	Location
7:00 AM	--	Registration (Breakfast in the Atrium)	Entrance
7:30 AM	8:00 AM	First Timers Welcome - <i>Narayanan Doraswamy</i>	Room D/E
8:00 AM	8:30 AM	Opening Ceremony, Dignitary Recognition and Conference Kickoff	Auditorium
8:30 AM	9:30 AM	Keynote Address – <i>Johnny Campbell</i>	Auditorium
9:30 AM	9:45 AM	Break/Networking	Atrium
9:45 AM	10:45 AM	Education Session: “Leading People That Don’t Want to Follow” - <i>Robert Antoinin</i>	Auditorium
		Education Session: “Pathways 202- A Deeper Dive: Everything You Wanted to Know About Pathways But Didn’t Know What to Ask” - <i>Cheryl Baker</i>	Room A
		Education Session: “Building Your First TED Talk” - <i>Kasha Patel & Michael Morales</i>	Rooms D/E
10:45AM	11:00 AM	Break/Networking	Atrium
11:00 AM	12:00 PM	Plenary Presentation: “Win The Crowd- The Insider’s Guide for Creating a Winning Presentation” - <i>Johnny Campbell</i>	Auditorium
12:00 PM	1:00 PM	Lunch- Self Service Buffet	Atrium
12:30 PM	1:00 PM	Contestants Briefing	Room A
1:00 PM	1:30 PM	Hall of Fame	Auditorium
1:30 PM	1:45 PM	Break/Networking	Atrium
1:45 PM	3:30 PM	Business Meeting*	Auditorium
3:30 PM	4:00 PM	Break/Networking	Atrium
3:45 PM	4:00 PM	Judges Briefing – Evaluation and International Speech Contests	Room A
		Contestant Microphone Check	Auditorium
4:00 PM	5:05 PM	Evaluation Contest	Auditorium
5:05 PM	5:20 PM	Break/Networking	Atrium
5:20 PM	6:45 PM	International Speech Contest	Auditorium
6:45 PM	7:00 PM	Award Presentation and Closing Comments	Auditorium
7:00 PM	8:30 PM	Closing Social/Photos	Atrium

Credentials Desk

Open	Close		Location
7:30 AM	8:45 AM	Credentials Desk Open * Delegates must check in at the credentials desk to vote in the District Council meeting	Outside Room A
9:30 AM	12:00 PM		
12:30 PM	1:15 PM		

Toastmasters International District 29 Annual Conference

May 10 – 11, 2019
Capital One Headquarters
1680 Capital One Dr.
McLean, VA 22102



Registration:

- in front of Rooms B/C

Credentials:

- in front of Rooms D/E

Candidates Corner:

- Rooms B/C

Pathways Help Desk:

- Atrium

Media Corner:

- Atrium

Refreshments:

- Atrium

Look for members
wearing **Hospitality**
ribbons stationed around
the venue...

We are here to help
Please, **ASK US...**



A Message from the District Director, Dwight Yamada, DTM

My journey as part of the District Trio is about to conclude and I will transition into the Immediate Past District Director role. I found my term to be rewarding where I learned more about myself, broadened my diversity of thought and achieved higher levels of enlightenment on the values of our Toastmasters family as we all evolve. Every step of my district leadership journey offered valuable experiences I could not have gained anywhere else.

I am always inspired by our amazing District 29 family members as I watch them grow as communicators and leaders. I still get excited listening to Ice Breakers and meeting new members as our family expands. The world keeps turning, we each keep changing, we help change others and there is always something new to learn on our respective journeys.

The theme of our conference this year is “Embracing Change.” The Greek philosopher Heraclitus said “the only thing constant in life is change.” Change is all around us and part of our daily lives. We should therefore not be afraid nor resist change but, embrace it and find inspiration to take on the opportunities it brings each day. I am looking forward to learning about how I can better take advantage of change to improve myself and others. I am confident that I can successfully master change, focus on the positive, manage adversity and have change work for us knowing that I have support from my Toastmasters family.

Toastmasters not only helps us improve communication and leadership skills, it also helps us foster human understanding and contribute towards the betterment of mankind. I hope you are taking advantage of the myriad of opportunities offered by Toastmasters and District 29 to expand your horizons. Nothing would please me more than for everyone to take these opportunities to foster human understanding and empower individuals to make unique contributions towards the betterment of our society. This wish in itself is to cause changes, no matter how insignificant they may seem, to make the world a better place for all.

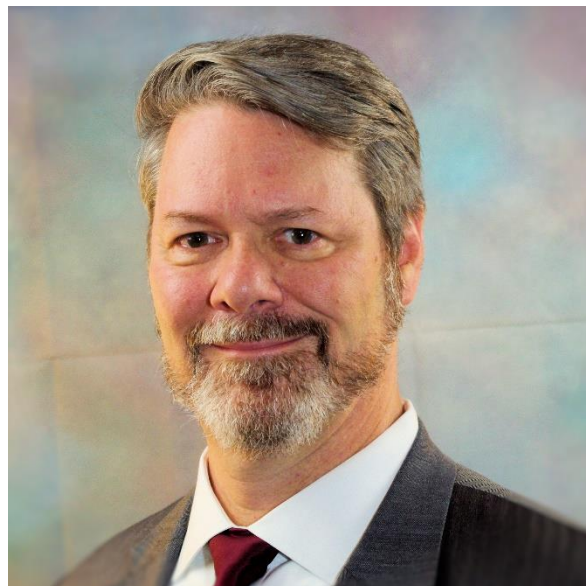
Embrace change and never stop learning!

Dwight

A Message from the Program Quality Director, Dana Richard, DTM

"Change is inevitable in life. You can either resist it and potentially get run over by it, or you can choose to cooperate with it, adapt to it, and learn how to benefit from it. When you embrace change you will begin to see it as an opportunity for growth."

- Jack Canfield, co-author of the *Chicken Soup for the Soul* series.



As human beings we experience the changes that are just a part of living—pursuing careers; falling into, and sometimes out of, relationships; the mere act of adding another year to our lives each year. On top of that, we live in an era of rapid and constant change. Technology writer Peter Griffin writing in 2017 pointed out that in the decade since the launch of the iPhone "...we are dealing with change that previously had taken a generation to adapt to." According to Ray Kurzweil and Chris Meyer, we are in "age of acceleration" in which "the 21st century will be equivalent to 20,000 year's of progress at today's rate of progress." For example, a modern smart phone is millions (yes-millions) of times more powerful than the computers that landed Neil Armstrong and Buzz Aldrin on the moon in 1969. In that same decade, much of that same technology has reshaped health care and medical science. Even Toastmasters has also had many changes over the past few years that have impacted all of us as members.

John Maxwell says that "Change is inevitable. Growth is optional." As your leaders, we are committed to helping you grow—as a Toastmaster and as a person. With that in mind, our theme for this conference is "embracing change" and our goal is to help provide you with knowledge and tools to do that and to help other members do that. We want to help you learn how to adapt to and benefit from change so that you don't get run over by it. So enjoy the conference—embrace change--and never stop learning!

Dana



A Message from the Club Growth Director, Narayanan Doraswamy, DTM

“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.” – Jack Welch

Leadership truly is the support and growth opportunity provided to others in Toastmasters. I have been extremely lucky to have a great Club Growth Team assisting me in the efforts of growing our District.

2018-19 Club Growth Team

- | | |
|-------------------------------|------------------------------|
| • Bettie St. Clair, DTM | Club Extension Chair |
| • Maheshwar Patil, DTM, PDD | Club Growth Team Mentor |
| • Regina Faulkerson, ACG, ALB | Sponsor & Mentor Coordinator |
| • Mary Ann Singlaub, CC, CL | Demo Meeting Coordinator |
| • Cathy Oasheim, DL2 | Club Coach Coordinator |

With a successful CGD team like this, we have produced extraordinary results- **7 New Clubs, 4 nearly chartered Clubs and more than 10 viable leads!** We have provided dedicated training to Club Sponsors, Mentors and Coaches, regular online meetings with them and marketing support to members as needed by providing marketing materials and Toastmasters gift items as needed.

We augmented the Smedley Award, Talk Up Toastmasters and Beat The Clock Membership Campaigns by providing monetary incentives. We added over **225 new members** during the first two membership campaigns. Beat the Clock Membership Campaign is now active from May 1 through the end of the Toastmasters year June 30th 2019.

We also started the District 29 Club Angel program. Club Angels are those dedicated and enthusiastic Toastmasters who are willing to go above and beyond and help their fellow members and Clubs by visiting Clubs other than their own & lending a helping hand where needed. We will formally recognize them today with a **Club Angel Pin and a Certificate** as a token of our appreciation. Please be there to cheer our Club Angels with all the enthusiasm that you can muster. Our District thrives because of the selfless service of these angels.

And above all, I learned this year that even an old dog can be taught new tricks! As an “old” Toastmaster I have learned to **Embrace Change and Never Stop Learning!**

Narayanan

Distinguished Toastmaster and Accredited Speaker Johnny Campbell

Johnny Campbell gained change, sales and team management experience as a corporate trainer for the insurance industry and he is a Past President of the National Speaker Association for the State of Illinois. His clients include General Electric, the Department of Defense, IBM, McDonald's and Lucent, among many others. His designation of Accredited Speaker is held by only 81 professional speakers in the world. He is a TedX speaker with his presentation "How an Enemy Can Improve Your Life." He was also a presenter at the Toastmasters 2018 International Convention.



Keynote: Embracing the Winds of Change "Adjust Your Sails"

Are the Winds of Changes in today's world an opportunity for success or a pain in the neck? Many leaders of today are struggling with how to navigate change while benefiting from it. When it comes to change there are many challenges from how this change will be perceived, to how will it be embraced. In this entertaining and informative program, you will discover how leaders can effectively implement, and navigate people through the winds of change.

Workshop: Win the Crowd The Insider's Guide for Creating a Winning Presentation

At some point in everyone's life, we've heard a speaker or performer who captured our attention from the moment they take the stage or appeared on the screen. In this instructive and revealing program you will learn how the masters of the platform and great communicators *Win-the-Crowd* and how you can use those same strategies, techniques and tactics to connect and captivate your audiences.

For More Information on Johnny Campbell, DTM, AS go to:

<http://www.riseupandwin.com/>



Education Session
Auditorium
“Leading People That Don’t Want to Follow”
Robert Antoinin
Division D Director, District 36

Have you ever wondered why the people you are assigned to lead don’t seem to be following? You’ve read all the “Self-Help” books and you’ve got dozens of “How-To” tips, but somehow this leadership thing just isn’t working out. Most days you want to pull your hair out. On the other days, you’d rather call in sick instead of dealing with these stubborn people! **GRRRRRR!** Does this sound like you?

Well, let’s talk about it. Let’s laugh about it and learn what to do about it!
About Robert

As a mentor and a volunteer, Robert has actively worked with non-profit and faith-based organizations to host community events, educate young people, and to facilitate discussions. Since 2005, Robert has been entertaining audiences and formally speaking in schools, local businesses, and government offices on varying topics ranging from entrepreneurship to business development. In the fall of 2018, Robert completed and released two book projects on leadership and self-improvement which chronicle much of the content covered during his public talks. Quietly, Robert is becoming one of the most sought-after voices in the Washington, DC metro area.

SPEAKER|TRAINER|HOST

Robert Antoinin



Education Session

Room A

Pathways 202 - A Deeper Dive: "Everything You Wanted to Know About Pathways But Didn't Know What to Ask"

Cheryl Baker, DTM



Are you on Pathways yet? Do you still have questions and would like a deeper look at Pathways? In this session, we will experience the rest of what Pathways offers the member, including ways to acknowledge each other and get feedback from more people than just your evaluator. We'll look at some crazy good new resources for base camp managers and members, and dispel many misconceptions.

Finally, we'll have time to discuss some of the problems and solutions for those of who have had some difficulties getting adjusted to Pathways. Ready for a quiz? There may be some team competition in the works as well as we review some of the basics.

About Cheryl

Distinguished Toastmaster Cheryl Baker has been a Toastmaster for 23 years in 3 different districts on 3 different continents. She was an Ambassador for the Pathways roll out in 2018, and has been training Base Camp Managers and Pathways 101 at TLIs this year to rave reviews. In the past, she has served as both Area Governor and Division Governor in District 33, Chief Judge, and TLI Dean for District 29.

Education Session

Room D/E

“Building Your First TED Talk”

Kasha Patel & Michael Morales

Experience is the best teacher. Today TEDxTysons speakers Kasha and Michael are pleased to share their experience and how they took their talks to the next level. You might even have the chance to give a 2 to 3 minute pitch of your “idea worth spreading”.

About Kasha and Michael



Kasha Patel fills the unknown demand of female Indian comics from West Virginia. Now based in DC, she is a stand-up comedienne, writer, and on-screen personality who focuses her jokes on her life as an Indian-American in the U.S and science. The founder of “DC Science Comedy,” she produces one of the nation’s only regularly occurring science shows where only science jokes, stories, songs, and bits are allowed with sold out crowds. She has been featured in *BBC World*, *The Washington Post*, hosted a mini-series on NASA TV, and appeared on the Travel Channel’s “Mysteries at the Museum.” She currently hosts Undark magazine’s science podcast.

Kasha grew up in West Virginia, majored in chemistry at Wake Forest University, and earned her Master’s degree in Science Journalism at Boston University. From her standup debut in Boston, Kasha has performed coast to coast from San Francisco to New York City.



Unapologetically curious, Michael Morales is passionate about asking great questions. An Air Force pilot with over 200 combat airlift missions into Afghanistan and Iraq, he has spent his career advising political and military leaders globally, from leading teams planning and executing all U.S. military exercises in Central and South America and the Caribbean, to building partnerships with air forces in Europe, Asia, and Africa. Currently on the Secretary of the Air Force’s congressional liaison team, Mike previously served as a White House Fellow and Senior Advisor to the head of the U.S. Small Business Administration across two administrations, where

he led major strategic partnerships with the tech sector and worked as the policy lead for Puerto Rico, where he is from. Before that, Mike was a squadron commander in Kabul, Afghanistan, leading a multinational combat flying advisory team responsible for developing the Afghan Air Force’s airlift capability. Mike serves on the advisory board of CivikOwl, a tech startup focused on exposing fake and biased news and providing high quality perspectives from across the political spectrum. He is a 2017 French American Young Leader and 2018 US-Japan Leadership Program Delegate. Mike, his bride, and their four sons live in Vienna, VA.

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TOASTMASTERS
PATHWAYS
— learning experience —

Hall of Fame

Levels Completed

(February 2, 2019 – April 30, 2019)

Dynamic Leadership

Level 1

Member 01404521
Member 01867503
Member 05301007
Member 06005692
Member 06709895
Member 06771416

Member 06837059
Member 06867487
Member 07233877
Dotson, Mary
Jain, Chandan
Lee, Young J.

Moury, Jonathan
Pihour, Gabrielle
Gera, Shalina
Wormald, Charles J.

Level 2

Member 01404521
Member 06771416

Barrante, Sheri R.
French, Steve A.

Green, Paula E.
Oasheim, Cathy A.

Level 3

Member 06771416
French, Steve A.

Green, Paula E.
Mulholland, Monica



Effective Coaching

Level 1

Member 06717413	Farnham, Barbara J.
Member 07038698	Portnoy, Kenneth R.
ChiChili, Chakradhar	Presley, Tamara L.
Cordary, Lynne B.	Stevens, Christine M.
Coyle, Tracy D.	Yang, Yuxi



Level 2

Abdurahman, Nejat	Richard, Dana G.	Yang, Yuxi
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Level 3

Ali, Lulua A.	Core, David
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Innovative Planning



Level 1

Member 00352030	Ravinder, Vineeth P.
Member 06917425	Reeves, Deborah
Member 06954645	Romano, Lynn
Blakeney, Kent M.	Thomas, Eneida M.
Costello, Charlie	Vijayakumar, Vivek
Green, Thomas Lamont	White, Jenny Genser
Joshua, Bertha	Zhao, Fei
Koya, Sivananda	

Level 2

Member 03573198	Gilmore, Chalese M.	Lin, Kai
Member 06738033	Green, Thomas Lamont	
Blakeney, Kent M.		

Level 3

Gilmore, Chalese M



Leadership Development

Level 1

Member 02931127
 Member 04421097
 Member 05540051
 Member 07061714
 Bowers, Mary Lou
 Davis, Marilyn R.
 Sachidanandan, Akhila
 Walatka, David Kenneth

Level 2

Member 04421097
 Member 02931127

Billingsley, Joseph Herbert
 Lyons, Juanita Marie

Morrell, Ae-kyong
 Sachidanandan, Akhila

Level 3

Member 04421097

Level 4

Hobbs, Christine



Motivational Strategies

Level 1

Hawkins, Carole D.
 Lee, Lai Chan Jinna
 Mullane, Lynn Ann
 Rogers, Wes

Level 2

Hawkins, Carole D.
 Sprehe, Gretchen Marie
 Stafford, Glen Martin

Level 5

Green, Jumaane Solomon

Persuasive Influence

Level 1

Brener, Amy S.

Phillips, Mary A.

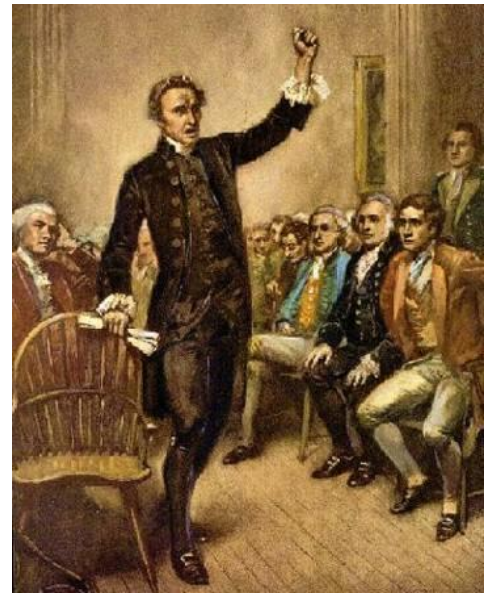
Hidalgo, Jorge Alfonso

Pope, Meghan Hochkeppel

Stiffler, Sandra P.

Level 2

Meyer, Laura



Strategic Relationships

Level 1

Colby, Maria

Level 2

Colby, Maria



Team Collaboration

Level 1

Member 06005646

Brown, Tameca Natalee

Jacobson, Molly

Lee-Brown, Hannah

Sheller, Todd David

Level 4

St. Clair, Bettie L.

Presentation Mastery

Level 1

Member 04382910

Member 04727264

Member 06505650

Member 06912989

Baker, Cheryl Lynn

Benbennick, Erin

Crisostomo, Elizabeth

Gaziev, Akbar

Ngozi-Bullock, Khadija A.

Weaver, Margaret Anderson

Wilson, Robert



Level 2

Member 04727264

Member 0528033

Member 06986250

Benbennick, Erin

Billings, Claire L.

Boda, Malik

Conner, Samuel Kahle

Gyawali, Tek Raj

Nock, Shantel

Swartz, Maria

Terry, Shana N.

Thompson, Shari Y.

Level 3

Member 04727264

Boda, Mailk

Morrell, Ae-Kyong

Taylor, Richard D.

Terry, Shana

Wells, Louisa

Level 4

Member 04727264

Member 06778592

Roosendaal, Denise B.

Terry, Shana

Level 5

Member 04727264



Pathways Mentor Program

Rogers, Wes





Visionary Communication

Level 1

Heeren, James

Platre, Sylvie

Sager, David

Walthall, Lynn

Level 3

Baker, Cheryl Lynn

Thomas- Hall, Talisa V.

Level 4

Baker, Cheryl Lynn



Legacy Hall of Fame

Communication Track (February 2, 2019 – April 30, 2019)



Competent Communicator (CC)

Member 02220833
Member 05630059
Member 06741425
Affum, Chantel A.
Angara, Sreenivasarao
Cuprak, Travis Douglas
Heinecke, Richard Mark

Hetterson, Ronda D.
Hill, Harvey S. J.
Horn, Martin H.
Ludlum, Suzanne M.
Matos, Kenneth
Matthews, Alvin David
Mendez, Tomasa O.

Montoya, Ana M.
Pisarcik, Ben L.
Ramirez Perez, Yamirka
Rekha, Shree
Sharif, Eyad
Worden, Sue J. (2)
Yamada, Dwight K.

Advanced Communicator Bronze (ACB)

Member 014772224

Khurana, Namit

Venkatasamy, Venkat

Advanced Communicator Silver (ACS)

Member 01363439
Brener, Amy
Katz, Abraham
Michaud, Joyce

Rao, Radhika G.
Sachidanandan, Akhila
Yan, Banghua

Yen, Cheng Huang

Advanced Communicator Gold (ACG)

Faulkerson, Regina
Grandpre, Rachel N.
Jacobs, B. Karen

Latona, Nelson R.
Sachidanandan, Akhila
Smith, Sharon J.

Wilson, Robert



Legacy Hall of Fame

Leadership Track (February 2, 2019 – April 30, 2019)



Competent Leader (CL)

Member 01867503

Brener, Amy

Cheng, Alex P.

Fitzgerald, Jimmie J.

Gandy, Leeroy Anthony

Hiller, Linda Louise

McCoy, Teresa Grace

McKain, Crystal Katrina

Rakhimzhanova, Anara

Ross Jones, Doris L.

Rothman, Shana

Stafford, Glenn Martin

Weinmann, Richard

Advanced Leader Bronze (ALB)

Member 01477224

Chegu, Ranapratap

Cheng, Alex P.

Choplin, Kimberly

Green, Thomas Lamont

Long, Dwayne

McCoy, Teresa Grace

O'Neil, Kevin Anthony

Rivera, Annette

Springer, Gilliam Beth

Stafford, Glenn Martin

Yen, Cheng Huang

Advanced Leader Silver (ALS)

Collins, Marsha E.

Grandpre, Rachel N.

Huan-Chang, Margaret

Sachidanandan, Akhila

Smith, Sharon J.

St. Clair, Bettie

Strang, Lynne

High Performance Leadership (LDREXC)

Member 04210026

Collins, Marsha

Ford, Brendan J.

Grandpre, Rachel N.

Kirsten, David R.

Lawson Murphy, Flora

Sachidanandan, Akhila

Smith, Sharon J.

Strang, Lynne



Hall of Fame – Success Track



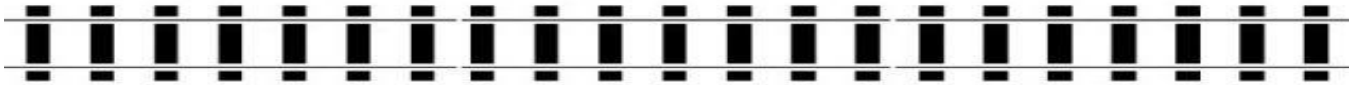
Triple Crown Award (3 or more educational awards)

Yamada, Dwight K. (10)
Richard, Bethany (9)
Brener, Amy S. (8)
Rogers, Wes (7)
St. Clair, Bettie (7)
Member 06771416 (6)
Member 04727264 (5)
Grandpre, Rachel N. (5)
Josephs, Gregory J. (5)
Lesko, John (5)
Sachidanandan, Akhila (5)
Member 06778592 (4)
Billingsley, Joseph Herbert (4)
Green, Paula E. (4)
Mulholland, Monica (4)
Smith, Sharon J. (4)
Strange, Lynn (4)

Member 04421097 (3)
Ali, Lulua A. (3)
Baker, Cheryl Lynn (3)
Boda, Malik (3)
Chegu, Ranapratap (3)
Cheng, Alex P. (3)
Choplin, Kimberly M. (3)
Faulkerson, Regina (3)
French, Steve A. (3)
Gilmore, Chalese M. (3)
Green, Thomas Lamont (3)
Kauffman, Jonathan Miller (3)
Kirsten, David R. (3)
Lawson Murphy, Flora (3)
Matos, Kenneth (3)
McCoy, Teresa Grace (3)
Miller, Joline D. (3)
Morrell, Ae-kyong (3)
Oasheim, Cathy A. (3)
Rao, Radhika (3)
Reed, Thomas E. (3)
Reeves, Deborah (3)
Roosendaal, Denise B. (3)
Ross, Robert Carl (3)
Soules, Donald R. (3)
Stafford, Glenn Martin (3)
Taylor, Richard D. (3)
Terry, Shana (3)
Thomas-Hall, Talisa V. (3)
Thompson, Shari Y. (3)
Wells, Louisa (3)



Hall of Fame – Success Track

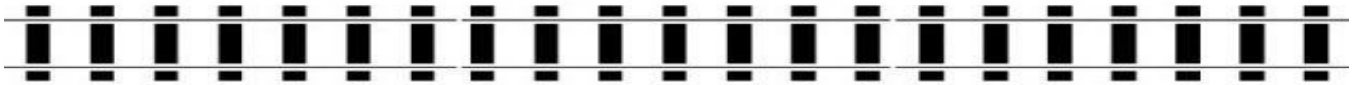


Golden Toaster Award

(all 7 club officers trained during mid- winter TLI's)

Avocado Toastmasters
Belvoir Club
Burke Toastmasters
CNM Toastmasters
Empowerment Advanced Toastmasters (EAT)
Free Spirits Toastmasters Club
Galloping Governors Toastmasters
Gribble Gatekeepers Toastmasters
Humor Mill
Kingstowne Toasties
Mount Vernon Toastmasters Club
One Global View Toastmasters
Pragmatics Toastmasters
Prince William County Employee Toastmasters
PWIWDC #01 Toastmasters Club
Reston-Herndon Toastmasters Club
Sparkling Speakers
Sterling Toastmasters Club
Toastmasters Becoming Advanced (TBA)
Toast of Oakton
Thomas Jefferson Toastmasters
Traveling TasteMasters Toastmasters
U2 Can Speak Toastmasters
Winners Circle Toastmasters
Woodbridge Toastmasters Club

Hall of Fame – Success Track



Talk Up Toastmasters

(5 new members added February - March)

Loudon Club

Brinker Club

IBM Blue Toastmasters

One Dulles Toastmasters

Culpeper Club

Winners Circle



Talk Up Toastmasters!
5 NEW MEMBERS





Hall of Fame – Club Angels



2019 Angel Awards

Coaches

Braxton, Clarien	Josephs, Gregory	Ryan, Jennifer	Woodlief, Sabrina
Brener, Amy	Kirsten, David	Settle, Marci	Yamada, Dwight
Cheng, Alex	Lammé, John	Soules, Donald	
Cordary, Lynne	Lee, Jinna	Tang, Irene	
Dlugożima, Kristina	Lightfoot, Samuel	Vo, Garret	
Finley, Thomas	Moran, Marcia	Wentz, Karen	
Ford, Brendan	Pentakalos, Odysseas	Willis-Jones, Nicole	
Gupta, Divya	Ryan, Jill		

Sponsors

Aleknavage, Heather	Jacobs, Karen	Pereira-Shepherd, Fatima	Weaver, Elisabeth
Bhattacharyya, Som	Kundu, Tias	Schreiber, Bruce	Whitesel, Lance
Core, David	McKain, Crystal	<i>St. Clair, Bettie</i>	Dietz, Veronica
DiPalma, Anthony	Mehta, Rupa	Stiffler, Alayna	
<i>Hobbs, Christine</i>	Mushala, Daniel	<i>Taylor, Richard</i>	
	Nair, Madhu	<i>Turner, Carol</i>	

Mentors

Benbennick, Erin	Hardcastle, Joyce	O'Neil, Kevin	Lawson-Murphy, Flora
Carreras-Calderon, Victor	Hawkins, Venita	Oasheim, Cathy	Thompson, Shari
Choplin, Kimberly	<i>Huan-Chang, Margaret</i>	Rao, Radhika	
Coolidge, Calvin	Lau, Lana	Tyler, J. Allan	
Faulkerson, Regina	Michaud, Joyce	Kirtley, Yanina	

General Nominees

Anderson, Vannessa	Heeren, Jim	Nock, Shantel	Sharif, Dhelice
Bolton, Donna	Johnson, Kirk	Peterson, Davin	Spratley, Ellen
Booker, Karen	Khurana, Namit	Ramirez Perez,	Terry, Shana
Bullock, Donnie	McBride, Ruth	Yamirka	Thomas, Ingrid
Gibbons, Joey	Mertz, Matthew	Ransom, Katherine	Thomas-Hall, Talisa
Giddens, Lance	Monroe, Jean	Richard, Bethany	Toohey, Jean
Gilmore, Chalese	Moralez, Rudy	Rogers, Wes	

Names that are italicized and bolded are members who have completed the qualifications for a club sponsor or mentor.

Hall of Fame

DTM – Distinguished Toastmaster



Rachel N. Grandpre

Margaret Huan-Chang

B. Karen Jacobs

Akhila Sachidanandan

Sharon J. Smith

Bettie L. St Clair

Lynn Strang

DTM hug line: All DTMs are invited to join the “hug line” at the front of the auditorium for the culmination of the Hall of Fame. Congratulations to the recipients who have dedicated themselves to improving their own skills and those of others through servant leadership.

Welcome to the Distinguished Toastmasters Family!

***Congratulations to everyone
recognized in the District 29
Hall of Fame***

Toastmasters Calendar Year 2019-2020

July 1 – June 30

Time Frames	Activity
June – August	Summer TLIs
July – August	Club Table Topics and Humorous Speech Contests
August – September	Smedley Award
September 31	Renewals Due Date
September	Area Table Topics and Humorous Speech Contests*
October	Division Table Topics and Humorous Speech Contests*
December – February	Winter TLIs
January – February	Club Evaluation and International Speech Contests*
February – March	Talk Up Toastmasters Award
March 31	Renewals Due Date
March	Area Evaluation and International Speech Contests
April	Division Evaluation and International Speech Contests
May	District Spring Conference and Contests
May – June	Beat the Clock Award
May – June	Club Officer List Submission for 2020-2021 (1 st DCP Goal of the 2020-2021 Toastmasters calendar year)

- NOTE: The district is required to conduct the International Speech Contest each and may conduct up to three additional contests. However, no district level contests are allowed to be conducted in the Fall. It is the responsibility of the District Executive Committee will decide what contests will be conducted and whether or not contests will be conducted in the Fall.

Upcoming District 29 Events:

(New!) From Speaker to Trainer, Saturday, May 18, Apple Federal Credit Union

(Tentative) 1st Summer Term Toastmasters Leadership Institute, Saturday, June 15, George Mason University, 8:00 am – 4:00 pm

Get additional information, updates and find new events at www.tmd.org!



FROM SPEAKER TO TRAINER



- Do you want to learn how to become a successful trainer?
- Do you want to present at TLIs?
- Present interesting, engaging trainings?



Cheryl Baker, DTM

Saturday, May 18

9:00 AM - 4:00 PM

Apple Federal Credit Union

**4097 Monument Corner Drive, Fairfax, VA
22030**



Bettie St. Clair, VC5

Cheryl & Bettie are seasoned trainers having trained at various venues for over 15 years combined! Admission limited to the first 25 participants.
More trainings may be added later.



Eventbrite Link to Sign Up:

<https://fromspeakertotrainer.eventbrite.com>

Cheryl Baker: cherylbaker15@gmail.com

Bettie St. Clair: blstclair@outlook.com



Dwight Yamada
Board of Directors

*"A Community Working
Together for Education"*

www.fcpsfoundation.org

Facebook.com/FCPSFoundation
@fcpsfoundation

571-423-1031
foundation@fcps.edu
for more information

Discovery Toys

Teach - Play - Inspire

Michelle St Pierre

Senior Consultant

www.facebook.com/stpierrediscoverytoys

703-409-0736

michellestpierre.discoverytoys@gmail.com
www.discoverytoys.com/michellestpierre



**Make plans now to attend next year's Toastmasters International
District 29 Annual Conference right back here at Capital One!**

**May 15 – 16, 2020
Capital One Headquarters
1680 Capital One Dr.
McLean, VA 22102**



Thank You Conference Patrons!

Do you want to:

- Be a professional speaker?
- Present longer speeches?
- Get many speaking opportunities at the club?



**COME JOIN
SPEAKERS
BUREAU TM**



<https://www.facebook.com/d29speakersbureau>
<https://speakersbureau.toastmastersclubs.org/>

We meet the 3rd Saturday of every month
North County Government Center
1801 Cemeron Glen Dr, Reston, VA 20190
4 PM to 7 PM

Phone: 702-715-9328

Email: contact-5392141@toastmastersclubs.org

TOAST OF OAKTON

Please visit our club. We meet the 2nd and 4th Wednesdays of the month from 7:00 PM to 8:30 PM at the Oakton Library.

You can find more information about us at:

<https://too.toastmastersclubs.org>

Contact us at:

contact-1600912@toastmasters.org

- ❖ Build Confidence
- ❖ Grow as a Leader
- ❖ Improve Communication Skills
- ❖ Strengthen Public Speaking Skills



10304 Lynhaven Pl.
Oakton, VA 22124

Speechcraft at Tech Tower Toastmasters starts June 12 in Herndon



The **Speechcraft** public speaking program provides each participant with a wide range of communication and learning experiences in small group workshops run weekly over a seven week period.

- ◆ Each participant receives a professionally published Speechcraft Manual plus a range of learning materials.
- ◆ Training in key speaking skills is provided.
- ◆ Participants develop skills through the 3-point program of: 'Better Listening, Better Thinking, Better Speaking'.

Presented by: **Tech Tower Toastmasters Club**

Overview & Orientation— June 12, 2019

Time: 7:00pm to 8:00pm

Where: Herndon Fortnightly Library, 768 Center St., Herndon, VA 20170

When: Every Wednesday evening from June 19th through July 31st. From 7:00pm to 8:30pm.

Cost: \$60

To sign up, contact Wes Rogers via email at wesrogers@aol.com or call 703-651-2224.

Please visit <https://6506.toastmasters.org>

Do you want more opportunities to speak?

Get valuable and detailed feedback from experienced Toastmasters?

Join

TBA

(Toastmasters Becoming Advanced)



Please visit our Club

We meet the 2nd and 4th Fridays
from 7:00 PM to 8:30 PM

We meet at different locations in the Fairfax/ Vienna area

You can find more information about us at

<https://tba.toastmastersclubs.org/>

Email: contact-1129368@toastmastersclubs.org

***Our gratitude goes to a great team!
Volunteers, working for you!***

Annual Conference Team

Conference Team	Role
Anthony DiPalma	Conference Chair
Abraham Katz	Conference Co-Chair
Calvin Coolidge	Registration Chair
Amy Brener	Credentials Chair
Joyce Michaud	Facilities Chair
Dana Richard	Education Chair
Kimberly Choplin	Contest Chair
Bethany Richard	Hall of Fame Coordinator
Rachel Grandpre	Communications Chair
Saint Nazario-Camacho	Hospitality Chair
Nerine Clemenzi	Videography

District Leadership Team

Name	Role
Dwight Yamada	District 29 Director
Dana Richard	Program Quality Director
Narayanan Doraswamy	Club Growth Director
Rachel Grandpre	Public Relations Manager
Donna Hammert	Administration Manager
Maria O'Conner	Finance Manager
Larry Devron	Logistics Manager
Amy Brener	Immediate Past District Director
Matt Mertz	TLI Dean
Wilson Rumble	Member Retention Chair
Bettie St. Clair	Club Extension Chair

Notes

Like, Follow, Share District 29 on Social Media



@District29Toastmasters



@TMDistrict29



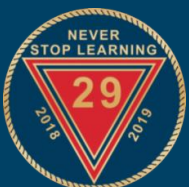
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@District 29 Toastmasters



/District29Toastmasters



Follow our blog: tmd29.org

Please use our hashtags:

#2019ConfTMD29

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#TMDistrict29



***Capital One is honored to host
the Toastmasters International
District 29 Conference.***

Drop us a note at Toastmasters-McLean@capitalone.com
and visit us at one of our Toastmasters Club meetings!