



# CAREER BUILDERS TOASTMASTERS NEWSLETTER

Club # 5223

October 2015

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## Area Speech Contest



### Upcoming events:

- **October 24th** – Comedy Night Out at Finest City Improv. Join us as we cheer on Eugene and his comedy improv group!
- **November 7th** – Area Speech Contest. Volunteer or come watch and represent Club #5223!



Please help us congratulate the winners of our Fall Speech Contest:

\*1st place in the International Speech Contest: Joyce Hwang!

\*1st place in the Humorous Speech Contest: Ace Baker!

Joyce and Ace will represent our club at the upcoming Area Speech Contest on Saturday, November 7 at 9 a.m. Contact Sarah Hartstrom at [shartstrom@gmail.com](mailto:shartstrom@gmail.com) for more information.

## Interview with Ashley Reynolds, Vice President of Public Relations

Learn more about each of our Officers in these Q&As!

*Q: How did you find out about Toastmasters International organization?*

A: My coworker told me about Toastmasters at SeaWorld and how it helped her with public speaking.

*Q: What do you like the most about Toastmasters international organization?*

A: I like that it's self-paced and not competitive. Your only measurement is yourself. You choose how much effort you want to put into it. I also like slowly building the confidence.

*Q: Do you still feel nervous while delivering the speech?*

A: Of course, but my personality is one that pushes through obstacles instead of running away.

*Q: What are the current goals that you are mastering?*

A: Speaking with ease and using variation in my pitch. Also, connecting with the audience with something relatable and meaningful.

*Q: How do you choose the topic for your prepared speeches?*

A: Usually it's whatever is going on in my life at the moment.

*Q: What are your hobbies?*

A: Working out, traveling, exploring nature and meeting new people.

*Q: What was the most surprising feedback you received in the written notes, which you get after your prepared speeches?*

A: That I have a confident voice. Of course I always feel like my voice isn't strong, but the feedback has helped me gain confidence.

*Q: Your advice to new members?*

A: Jump right in and don't be afraid. Everyone is here because they want to change something about themselves and improve. You are not alone.



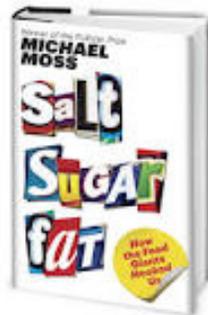
## Book Recommendations from your Fellow Toastmasters

In recent speeches, the following books have been mentioned as good reads. Do you have others to recommend to your colleagues? Send them to [hmartine0617@gmail.com](mailto:hmartine0617@gmail.com).

- **Salt Sugar Fat: How the Food Giants Hooked Us**

*by Michael Moss*

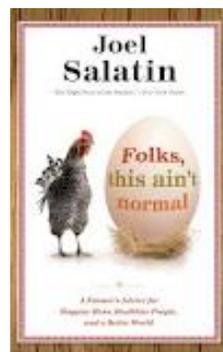
- Every year, the average American eats thirty-three pounds of cheese and seventy pounds of sugar. Every day, we ingest 8,500 milligrams of salt, double the recommended amount, almost none of which comes from the shakers on our table. It comes from processed food, an industry that hauls in \$1 trillion in annual sales. In *Salt Sugar Fat*, Pulitzer Prize–winning investigative reporter Michael Moss shows how we ended up here.



- **Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World**

*by Joel Salatin*

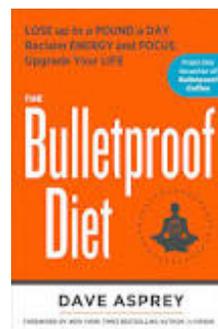
- From farmer Joel Salatin's point of view, life in the 21st century just ain't normal. In *FOLKS, THIS AIN'T NORMAL*, he discusses how far removed we are from the simple, sustainable joy that comes from living close to the land and the people we love.



- **The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life**

*by Dave Asprey*

- The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off.



- **Quiet: The Power of Introverts in a World That Can't Stop Talking**

*by Susan Cain*

- At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society. In *Quiet*, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so.



# DCP Status Report



**Club Status**  
2015-2016

**Month of October**  
As of 10/18/2015

## 00005223 Career Builders Toastmasters

Club Alignment	Membership		Goals
<b>Region</b> 10	<b>Base</b> 45	<b>To Date</b> 36	<b>Goals Met</b> 8
<b>District</b> 05	<b>Required</b> 20		Distinguished 5
<b>Division</b> S	20 members or a net growth of 5 new members		Select Distinguished 7
<b>Area</b> 14	<b>Chartered</b> 01/01/1997		President's Distinguished 9

	Goals to Achieve	Goal	To Date	Status
1	Competent Communicator (CC) awards	2	2	✓
2	More Competent Communicator (CC) awards	2	3	✓
3	Advanced Communicator (ACB, ACS, ACG) awards	1	1	✓
4	More Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
5	Leadership Awards (CL, ALB, ALS) or Distinguished Toastmaster (DTM) awards	1	1	✓
6	More CL, ALB, ALS, or DTM awards	1	4	✓
7	New members	4	4	✓
8	More new members	4	9	✓
9	Club officers trained June-August	4	6	First Training Period Achieved
	Club officers trained December-February	4	0	Second Training Period 4 needed
10	Membership-renewal dues on time	Y	1	✓
	Club officer list on time	Y	1	



St. Paul's Community Care Center  
Community Café  
328 Maple Street  
San Diego, CA 92103

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