

District 57
2025 Annual Conference
New Beginnings

May 17, 2025

California Maritime Academy
200 Maritime Academy Drive
Vallejo, CA 94590

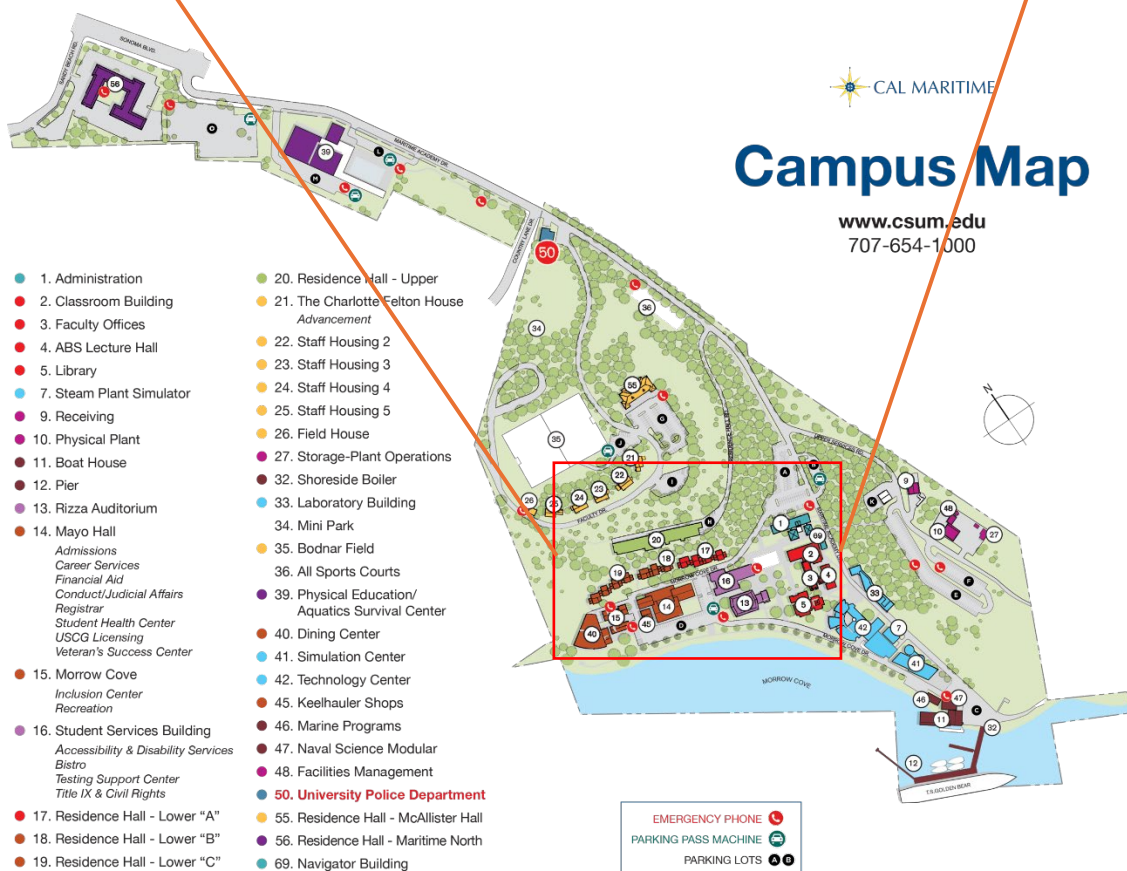


District 57 Annual Conference – New Beginnings

California Maritime Academy Campus Map



2 – Classroom Building 13 – Rizza Auditorium 40 – Dining Center



District 57 Annual Conference – New Beginnings

CONFERENCE SCHEDULE

Who	Where	What	Start	End
		Light Breakfast/Attendee Arrival	7:30	8:00 AM
Dr. Michelle Peticolas/Ananda Sen	Rizza Auditorium	Evaluation Contest	8:00 AM	9:30 AM
		Break	9:30 AM	9:35 AM
Tiffany Dawn Jones	Rizza Auditorium	Conference Opening	9:35 AM	9:40 AM
Sally Philbin	Rizza Auditorium	Welcome	9:40 AM	9:45 AM
Shruti Verma and Shalini Survarjjala	Rizza Auditorium	Parade of Banners	9:45 AM	10:05 AM
Ashley Harkness	Rizza Auditorium	Remembrances	10:05 AM	10:10 AM
Sally Philbin	Rizza Auditorium	Introduction of Keynote Speaker	10:10 AM	10:12 AM
Diane Pluess	Rizza Auditorium	Keynote Speaker - Distinguished Past District Director - Diane Pluess: Say Yes, Fear Less, Win More	10:12 AM	10:42 AM
Sally Philbin	Rizza Auditorium	DTM Announcement with line-up	10:42 AM	10:57 AM
		Transition Time	10:57 AM	11:04 AM
Dennis Dawson	Octopus Room	Breakout Session 1 - Author Panel	11:04 AM	12:04 PM
Arti Kapoor	Turtle Room	Breakout Session 2 - The Emotionally Intelligent Leader: Connecting and Inspiring Teams	11:04 AM	12:04 PM
Steve Taddei	Dolphin Room	Breakout Session 3 - Find That Shining Needle of Common Ground in That Haystack of Fear	11:04 AM	12:04 PM
Nabeeha Tahir	Nautilus Room	Breakout Session 4 - Prompt to Power: Transforming Teaching with AI-Enhancing Learning Strategies	11:04 AM	12:04 PM
		Transition Time	12:04 PM	12:09 PM
	Dining Center	Lunch	12:09 PM	1:09 PM
		Transition Time	1:09 PM	1:14 PM
Michael Notaro	Rizza Auditorium	Introduction of Special Award Recipient	1:14 PM	1:16 PM
Joscelyn Jones	Rizza Auditorium	Superior Court Judge Jones: Healing the Art of Miscommunication	1:16 PM	1:31 PM
Sally Philbin	Rizza Auditorium	Presentation of Award	1:31 PM	1:36 PM
		Transition Time	1:36 PM	1:43 PM
Denise Blanc	Octopus Room	Breakout Session 1 - From Rapids to Confluence: Transforming Relationships in a Turbulent World	1:43 PM	2:43 PM
Bett Bollhoefer	Turtle Room	Breakout Session 2 - Embodied Product Management	1:43 PM	2:43 PM
Sherry Jensen	Dolphin Room	Breakout Session 3 - Open Doors, Full Seats: How to Build a Thriving Club	1:43 PM	2:43 PM
Myo Wong & Jeffrey Young	Nautilus Room	Breakout Session 4 - Overcoming Barriers to Leadership	1:43 PM	2:43 PM
		Break with Snacks	2:43 PM	2:58 PM
Sally Philbin	Rizza Auditorium	Year End Awards known: Elite Triple Crown and OTMA	2:58 PM	3:13 PM
Dr. Michelle Peticolas/Ananda Sen	Rizza Auditorium	International Speech Contest	3:13 PM	5:13 PM
Dr. Michelle Peticolas/Ananda Sen	Rizza Auditorium	Announcement of Winners	5:13 PM	5:38 PM
Sally Philbin	Rizza Auditorium	Conference Closing	5:38 PM	5:43 PM

District 57 Annual Conference – New Beginnings

GREETINGS FROM 2025 SPRING CONFERENCE CO-CHAIRS

Welcome Message from Conference Co-Chair Tiffany Dawn Jones



Dear Toastmasters and Guests,

Welcome to the 2025 District 57 Annual Conference!

Our theme this year, **New Beginnings**, feels especially fitting for our clubs, our members, and perhaps even for ourselves. Whether you are stepping into a new role, pursuing a new dream, or simply arriving with fresh hope, today marks a chance to turn the page and begin anew.

For me personally, serving as Conference Co-Chair is part of a new beginning in my own communication and leadership journey. It is a reminder that growth never stops and that each courageous step we take shapes the path ahead.

Today, I invite you to engage fully. Connect with fellow travelers on this journey, absorb the wisdom shared in our dynamic education sessions, and draw inspiration not only from the powerful messages delivered in the Evaluation and International Speech Contests, but also from the courage of those who dare to step forward and compete.

This conference would not be possible without the dedication, creativity, and collaboration of our extraordinary committee chairs and committee volunteers. Each one gave their time, talents, and heart to make this day a reality. To them, I extend my deepest thanks. It is through teamwork that new beginnings are built, and it is through their efforts that we are able to celebrate together today.

Say 'yes' to the opportunities that await, and trust that every new beginning leads to a greater purpose.

We are so glad you are here. Let the journey begin!

Warm regards,

Tiffany Dawn Jones

Conference Co-Chair

District 57 Annual Conference

Welcome Message from Conference Co-Chair Ashley Harkness



Welcome to the District 57 Conference! Our setting, the California Maritime Academy, is a training college for Merchant Marine Officers. The San Francisco Bay is the background; the foreground is the college: They are linked with the futures of the students who will lead our merchant fleets to oceans abounding. As you walk this campus, you are following in the footsteps of previous mariners with strong traditions of service and commitment.

Toastmasters share a similar service tradition in the world of communication. We Toastmasters lead the way with better communication and leadership skills. It is fitting that we share this campus with our similar goals.

We of the Conference staff have prepared an agenda and program we feel will open new doors and broaden vistas. As "mariners" of the communication service, we hope that you enjoy this conference and its inspiring venue.

District 57 Annual Conference – New Beginnings

GREETINGS FROM D57 DISTRICT DIRECTOR



It gives me great pleasure to welcome you to the 2025 Annual District 57 Conference. A huge cast of Toastmasters Volunteers stepped up again this year to make this Conference a reality. What's interesting this year, like every year, I am reminded that there is no job more or less important than any other. Every piece of the puzzle matters! I thank each and every one who lent a hand from driving someone to the Conference to making sure the electronics worked.

This year, our own Past Distinguished District Director and Distinguished Toastmaster, Diane Pleus will serve as our Keynote Speaker. Another highlight of the day will be the awarding of this year's District 57 Communication and Leadership Award to the Honorable Alameda County Superior Court Judge Joscelyn Jones. We will also have the pleasure of hearing a presentation from her.

We will have Educational Sessions that will inspire. They will include panel presentations as well as individual presenters with words of wisdom that will inspire.

And bookending the Conference will be our two District Contests: Evaluation Speech Contest at 8am PT and the International Speech Contest happening in mid-afternoon. And don't forget our Post Toasties event right after the ending bell.

Sally Philbin, DTM
2024-2025 District 57 Director

2025 D57 ANNUAL CONFERENCE TEAM

Conference Co-Chair	Ashley Harkness	Parade of Club Banners Committee Co-Chair	Shalini Survarijala
Conference Co-Chair	Tiffany Dawn Jones	Parade of Club Banners Committee Co-Chair	Shruti Verma
Author Table Committee Chair	Sally Philbin	Food & Beverage Coordination Committee Chair	Karrie Keegan
Awards Committee Co-Chair	Merci Del Rosario	Hospitality Committee Chair	Jill Arrington
Awards Committee Co-Chair	Trish Johnston	Raffle Prizes & Silent Auction Committee Chair	Sheila Aceves
Conference Program Committee Chair	Janet Voss	Registration Committee Chair	Cania Kwan
Contest Committee Co-Chair	Michelle Petacolas	Remembrance Committee Chair	Ashley Harkness
Contest Committee Co-Chair	Ananda Sen	Setup and/or Breakdown Committee Chair	Aaron Van
Flowers Chair	Trish Johnston	Tech Committee Chair	David Dai
Education Sessions Committee Chair	Cynthia Yeh	Volunteer Recognition Committee Chair	Somdutta Ray (Somy)
Goodie Bag Committee Chair	Somdutta Ray (Somy)		

District 57 Annual Conference – New Beginnings

GREETINGS FROM PROGRAM QUALITY DIRECTOR



Let the Conference Begin – Welcome to the 2025 District 57 Annual Conference

This year continued to be a year of new beginnings. In-person meetings increased in number and in quality. Our contests at the Area, Division and District level were all conducted in-person with great success. We continued to perfect the art of the hybrid meeting and will continue to do so here at the conference. At all levels of leadership, we embraced and welcomed Toastmasters from around the world in active participation with the district. Without them, we would have had a difficult time providing the service needed for our District to thrive. I applaud the clubs that have embraced this new vision of Toastmasters and continue to refine and perfect it.

Today, we add another chapter for D57, our second hybrid conference. For those of us who are attending in person, I can't wait to shake your hand and thank you for making this year special for the Program Quality Team. While I am one of those Toastmasters who lives and works outside of California – in Ohio to be exact, I wanted to be there with you this year as I also was able to attend both Toastmasters International Trainings this year. We delivered quality training to the club officers as well as providing a Table of Content to enhance the Club Open House and Club Chartering process with exceptional Toastmasters speeches. I ask you to continue to share the magic of Toastmasters with your friends, family and community so that our future events and conferences can grow and be even more exciting than I know this one will be.

I would also like to give a shout out to key people on the Conference team: Ashley Harkness, Tiffany Dawn Jones, Janet Voss, Sally Philbin, Merci Del Rosario, Trish Johnson, Michelle Peticolas, Ananda Sen, Cynthia Yeh, Somy Ray, Shalini Survarijata, Shruti Verma, Karrie Keegan, Jill Arrington, Cania Kwan, Aaron Van and David Dai. Without them, this conference would not be possible. Thank you for saying “yes” and then putting your heart into making this the best conference it could be.

If you see any of them in person, approach them, shake their hand, and thank them for all the work they have done this year and will continue to do over the months and years to come. Ask them how you can be a part of his vital work now and in the future. You will not regret stepping forward.

Have a fantastic day today – *Sláinte!!*

Linda Patten, DTM / 2024-2025 Program Quality Director

District 57 Annual Conference – New Beginnings

GREETINGS FROM D57 CLUB GROWTH DIRECTOR



It's About The Journey, Not The Words

If you're reading this, then you made it this far. For many of you, that may not seem like much of an accomplishment, especially the fine folks who are regulars at this sort of convention. But for those of you attending the conference for the first time, know that the speeches didn't get you here - your want to see and be seen, to learn and to understand, and above all, to get out of your comfort zone and find friends you've only just met. For those of you who see this as an annual tradition, be sure to find people you don't know and show them what the road ahead is like.

Toastmasters has always been about the members themselves; clubs can't get enough of them (literally), and what your unique voice brings to the fold is why we want to hear it here. Don't just show up for the sessions, be heard - ask questions. Network. Sit with a stranger at lunch. Exchange contact information and make a pledge to visit someone else's club -- and invite them to your own. We are stronger when we learn together, instead of remaining apart and quiet.

This sort of chance -- the Conference -- only comes once a year. And don't forget to attend the contests - someone is going home with the hardware and bragging rights, and you can say 'I was there when it happened.' I won't say who my favorite is, but I definitely have one!

And last but definitely not least, I'm hoping that at least some of my team -- Arti Kapoor, Priya Shastri, Tim O'Brien, Jill Arrington, Kat Paz, Amrit Bhogal, Sankyar Naranyan, and Praveena Raman, plus Narendra Patel and Pallavi Hegde, co authors of the Open House Kit -- will be there. You've done more and been more than I expected, and I appreciate your teamwork as the year winds to a close.

Be welcome, and be sure to say hello. I'm the one in the blue hat.

-Jeff Young, 2024-2025 Club Growth Director

District 57 Annual Conference – New Beginnings

KEYNOTE SPEAKER

Diane Pleiss, DTM



"Say Yes, Fear Less, Win More."

What if the key to your next big breakthrough is saying "yes" before you feel ready?

In this inspiring keynote, former District Director Diane Pleuss shares how embracing discomfort and saying yes, even in the face of fear, led to her biggest wins in Toastmasters, business, and life. From a presentation flop that exposed her need for growth to leading District 57 to Distinguished status, Diane's story is a testament to the power of taking bold steps.

Through personal anecdotes and leadership lessons, Diane invites the audience to challenge self-doubt, lean into unexpected opportunities, and trust the process of growth. You'll hear how one friend's nudge, a moment of public failure, and a powerful piece of feedback changed her trajectory forever. You'll also learn how the supportive Toastmasters community helped her rise.

Whether you're preparing for your first speech, considering a leadership role, or facing your next big decision, this keynote will encourage you to say yes, fear less, and win more.

About: Diane Pleuss, DTM

Diane Pleuss is a seasoned Toastmasters leader, successful entrepreneur, and passionate advocate for personal development. Over her 16-year journey in Toastmasters, she has served in numerous roles including Club President, Area Director, Division Director, District Contest Chair, and District 57 Director. During her tenure, the district achieved Distinguished status.

Professionally, Diane is a thriving franchise consultant who guides clients through transformative career transitions. She is a recipient of the District 57 Leadership Award and is widely admired for her ability to inspire action, foster growth, and lead with authenticity. Diane's journey is a powerful reminder that great things happen when you say yes, even before you feel ready.

District 57 Annual Conference – New Beginnings

Communication and Leadership Award Recipient



**The Honorable Joscelyn C. Jones
Alameda County Superior Court**

District 57 Toastmasters is proud to present the 2025 Communication and Leadership Award to the Honorable Joscelyn C. Jones of the Alameda County Superior Court. This prestigious award is the highest honor a Toastmasters district may bestow upon a non-member, recognizing individuals who demonstrate excellence in communication and leadership and make a significant, positive impact in their communities.

Appointed by Governor Gavin Newsom in 2020, Judge Jones currently serves as a Civil Direct Calendar Judge in Department 19 at the Oakland courthouse. She brings to the bench over four decades of legal experience, having previously worked as

a Deputy Public Defender, a Judge Pro Tem in both Contra Costa and Alameda Counties, and the founder of a private practice focused on probate and trust litigation. Her work has consistently championed the rights of vulnerable populations, including elders and minors.

Judge Jones is also a committed educator and mentor. As an adjunct instructor in the LL.M. program at Berkeley Law, she teaches trial skills and oral advocacy to international students and currently serves as a judicial mentor through the school. She is active in numerous bar and civic organizations and has a long history of community service and mediation work.

“Judge Jones embodies the core values of Toastmasters—empowering individuals through effective communication and inspiring leadership,” says Past International President Michael Notaro, Esq. “Her contributions to our community are truly commendable.”

Judge Jones lives out her values both in and out of the courtroom and believes deeply in Dr. Martin Luther King Jr.’s words: *“Life’s most persistent and urgent question is, ‘What are you doing for others?’”*

We are delighted to have Judge Jones speaking on **"Healing the Art of Miscommunication."**

District 57 Annual Conference – New Beginnings

EDUCATIONAL SESSIONS



Denise Blanc, MA, EQCC

From Rapids to Confluence: Transforming Relationships in a Turbulent World

ICF Certified Emotional Intelligence Coach, Mediator, Writer, Speaker, and Senior Organizational Development Consultant. Denise Blanc is an expert in Emotional Intelligence, Conflict Transformation, and Mindfulness. As an ICF Certified Emotional Intelligence Coach, Mediator, Writer, Speaker, and Senior Organizational Development Consultant, she helps individuals and organizations build deeper connections through coaching, consulting, and speaking engagements. Her mission is to inspire candor, courage, and

compassionate communication to create a more empathetic world.

Denise is the founder of River Logic Partners, a leadership coaching and consulting firm. She has designed numerous leadership academies and received accolades such as the *International Spirit at Work* award and recognition for *Best Practices for Creating New Leaders*.

She is the author of *RiverLogic: Tools to Transform Resistance and Create Flow in All Our Relationships*.

Workshop Description:

In this interactive 45-minute workshop, based on concepts from my book *RiverLogic*, we'll dive into the metaphorical landscapes of communication. Explore how *Rapids*, *Cross-Currents*, *Eddies*, and *Undercurrents*—the turbulent forces of misunderstanding and conflict—can often derail effective conversations. Using these river metaphors, we'll examine how communication can break down and offer strategies for navigating through these challenges.

At the heart of it all is the concept of *Confluence*—where two rivers meet, or where speaker and listener merge to form a deeper, clearer understanding. Through engaging activities and insights, participants will discover how embracing Confluence can foster better communication, empathy, and collaboration in any setting. “

Join us as we navigate the turbulence of our current challenges and chart a course toward deeper understanding and connection.



Bett Bollhoefer

Embodied Product Management: blending strategy, mindfulness, and product leadership with meditation and discussions.

Bett's bio:

Bett Bollhoefer, a technologist and consultant, helps entrepreneurs launch ethical, sustainable products through *Embodied Product,* blending strategy, technology, and mindfulness.

District 57 Annual Conference – New Beginnings



Dennis Dawson

Authors Panel

Dennis Dawson has completed the traditional Toastmasters education program two times, to earn two Distinguished Toastmaster awards, and recently earned his first Pathways Distinguished Toastmaster award. He is a Past District Governor, a Distinguished Toastmaster (DTM) of Toastmasters District 57, and a district champion in the Humorous, Tall Tales, and Evaluation contests.

He teaches drawing at local elementary schools, and volunteers as Santa Claus at San Jose Christmas in the Park. His books have a distinctive holiday theme.



Lynn Fraley, RN, DrPH

Authors' Panel

Lynn Fraley: Health Consultant to Businesses and Individuals. As a young woman, born and raised in the Midwest, I wanted a career in which I could make a difference, and “do good.” I chose nursing and quickly realized that conventional care allowed little time for teaching about self-care or natural care. I realized the critical need for more attention to beliefs, emotions and personal energy in prevention and healing.

With a deep knowledge and understanding of the health care system, I understand why, for example, so many women choose conventional treatments for breast disease, as women are often unaware of safe, scientific and proven options for care. Being a witness to so much confusing and conflicting information about breast health compelled me to write "Cherish the Girls: A Well-Rounded Approach to Breast Health and Wellness



Sherry Jensen

Open Doors/Full Seats: How to Build a Thriving Club - Concrete strategies to attract, engage, and retain members for long-term club success.

Sherry Jensen originates from the Pacific Northwest and moved to the Bay Area at the age of 19. She joined Toastmasters in 2005 when her then Air Force Group Commander invited her to the Travis (AFB) Toastmasters club—an invitation she couldn't refuse! She earned her Competent Communicator Award within two years before pausing her journey for an overseas tour in Afghanistan.

In early 2018, missing the Toastmasters environment, she researched local clubs and visited the Pleasanton Community Toastmasters Club on January 31, 2018. She immediately felt at home, joined that year, and completed 11 speeches and 15 meeting duty assignments. She also served as the club's Sergeant at Arms and completed her first path in the newly adopted Pathways Program.

By June 2019, she was invited to attend Speakers Forum Toastmasters and became a member. Since then, Sherry has been actively engaged at the club, area, and division levels. Her leadership roles include Sergeant at Arms, Club President, Area Director for H19 and H34, Train-the-Trainer mentor, and Club/Area Speech Contest Chair.

District 57 Annual Conference – New Beginnings



Arti Kapoor

The Emotionally Intelligent Leader: Connecting and Inspiring Teams

Current Community Club Chair, Arti Kapoor has held many leadership positions: Division Director, Area Director, President, VP Education, Youth mentor, and more.

Putting her leadership skills to the test, Arti took the challenge of leading a struggling club this year. With the help of a strong collaborative team of club officers, she revitalized and rebuilt the club from 9 to 19 members, and from zero speeches delivered the previous year to 35+

speeches delivered within just 10 weeks, soon paving its way to President's Distinguished status!

Outside of Toastmasters, Arti is a Strategic Life Coach, Author, Workshop Leader, and a Mindfulness expert. She coaches clients to design their life consciously and lead joyously. She equips them with strategies to achieve success through emotional intelligence and mind management without compromising their wellbeing and happiness.

LinkedIn: <https://www.linkedin.com/in/artikapoor/>



Linda Patten

Authors' Panel

Linda Patten, a highly sought after Leadership Trainer and Mentor, joined Toastmasters in December of 2019 and has taken on a leadership role in every Toastmasters' year since, currently as Program Quality Director. Since then, she has skyrocketed into speaking and leadership. She coined the term, Comfluent Leadership bringing together the skills of Command with those of Influence to create truly powerful leaders.

As a writer, she is the author of the #1 Best Selling book *No One Stood Up When I Entered the Room: One Woman's Journey from Command to True Leadership and The Art of Herding Cats: Leading Teams of Leaders* along with 3 other books and chapters in 7 books on leadership. Do you think she knows training and leadership?



Alan Paolini

Authors' Panel

Alan Paolini is a 20-year Chevron retiree and Bay Area native. He produced his first book on his family's Italian history, tracing their roots back to the 1300s. His family tree includes 27,007 members capturing incredible stories, medical remedies and business experiences. Alan is also a Toastmaster with 20 years of experience preparing for a Youth Leadership Program Experience for over 90 4-H students.

District 57 Annual Conference – New Beginnings



Shoba Rao

Authors' Panel

Shoba Rao is a TEDx Speaker, a Distinguished Toastmaster and often shares her life journey in various speeches. She has been a Toastmaster for 14 years serving in various leadership roles and has placed second in the District Championship. Her speeches come from her experience of going through three cancers and a kidney transplant. She is a strong advocate for patient's self advocacy when it comes to their health. She has published her first book, "My Race Against Death", chronicling her fight with cancer and

kidney failure with the hope that the lessons she learnt could help others in similar situations. She is a successful career woman with decades of experience in the semiconductor industry and currently serves as director of manufacturing in the Solid State Lithium ion industry.

Shoba Rao,DTM

President, Kidney Stories Toastmasters

<https://www.shobarao.com>

TEDx talk - https://youtu.be/QCFdnUQNj0?si=r6Qo_vYb2ObN8OZC

My book - <https://www.amazon.com/My-Race-Against-Death-Struggles/dp/1957651253/>



Steve Taddei

Managing and Overcoming Self-Limiting Beliefs, A Panel Discussion

Steve Taddei joined Toastmasters in 2008 to improve the way he communicated with his customers at work. What Steve found was a diverse group of men and women who are collaborating to help each other improve their communication and leadership skills.

Steve learned that Toastmasters was a safe place to address self-limiting beliefs by jumping out of his comfort zone.

This interest in studying self-limiting beliefs led Steve to pursue a DTM Project where he and his team surveyed a diverse group of people who shared:

- Their experiences with self-limiting beliefs
- How those beliefs have impacted their lives
- Steps they've taken to manage these self-limiting beliefs.

Steve is grateful to his survey team of Michael Osur, DTM, PDD, Ed Cullen, DTM, PDD, and Dennis Winslow, TC, all members of The Esteemed Oakland 88 Toastmasters Club for their assistance in this project.

Steve is an Account Executive who lives in Alameda. A Past District Director of District 57 Toastmasters. He is also a Distinguished Toastmaster (DTM). He is currently a member of three Toastmasters clubs: Alameda Tongue Twisters, The Esteemed Oakland 88, and Speakers Forum.

District 57 Annual Conference – New Beginnings



Nabeeha Tahir

Prompt to Power: Transforming Teaching with AI-Enhanced Learning Strategies

Nabeeha Tahir is an experienced educator, course creator, and program manager dedicated to empowering students and teachers through innovative, research-based learning approaches. She holds a Master of Philosophy (M.Phil), is CELTA certified from Cambridge University, an IELTS Certified Trainer from IDP Australia, and a Certified Teacher Trainer from NILE, UK.

Currently, Nabeeha works as a course creator at San Juan College, New Mexico, where she designs engaging, learner-centered online courses. She also serves as a program manager at Right at School, leading academic and enrichment programs with a focus on fostering holistic student development.

With over nine years of international teaching and training experience, including roles at prestigious universities and international schools, Nabeeha brings a wealth of expertise in curriculum development, instructional design, student engagement, and educational leadership. Her skills span academic writing support, college admissions mentoring, technology integration, problem-solving, supervision, and program coordination.

Driven by a passion for inquiry-driven classrooms and evidence-based teaching practices, Nabeeha continues to inspire both educators and students alike. She is committed to lifelong learning and creating impactful educational experiences that build critical thinking, creativity, and collaboration skills in learners of all ages.

In today's rapidly evolving educational landscape, the strategic use of AI tools like ChatGPT is transforming how educators plan, instruct, and engage learners. This interactive workshop explores how educators can move from basic AI interaction to purposeful, prompt-powered teaching. Participants will learn to craft effective prompts, integrate AI with Google Workspace tools like Docs, Slides, and Forms, and design meaningful, personalized learning experiences. By aligning AI with pedagogy, educators can boost productivity, foster creativity, and elevate learning outcomes. This session combines hands-on demonstrations, real classroom applications, and forward-thinking strategies to empower educators in the age of AI.

By the end of the session, participants will:

- Understand the role of effective prompt engineering in maximizing ChatGPT's educational potential.
- Explore real-time applications of ChatGPT with Google Docs, Slides, and Forms.
- Discover strategies for designing student-centered, AI-supported lessons and assessments.
- Learn to troubleshoot and refine prompts for clarity, creativity, and contextual accuracy.

Participants will walk away with:

- A toolkit of ready-to-use prompts for teaching, assessment, and content creation.
- Skills to collaborate with ChatGPT for lesson planning, rubric design, and differentiation.
- Confidence to implement AI-enhanced strategies in their own classrooms.
- A better understanding of how to balance technology with pedagogy to foster deeper learning.

Nabeeha Moeen Tahir
Program Manager | Course Creator
Instructional Designer | Teacher Trainer
ESL Instructor
San Juan College, NM | Right at School, CA

District 57 Annual Conference – New Beginnings



Jeff Young and Myo Wong

Panel: Overcoming Barriers to Leadership

Jeff Young

Jeff is 14.6-year Toastmaster with a penchant for making stuff up as he goes. It makes him good at finding order in chaos, thinking outside the box to find solutions, and coming up with strange ideas for panels when pressed to come up with one. Leadership is a journey that every outstanding Toastmaster should take on, because experience leads to understanding, and understanding leads to being more capable. Instead of failing upwards, though, Jeff is on his fourth Path, was Division Director of the Year in 2023-2024, and is busy saving clubs while

being a Technical Writer at the same time.

Myo Wong is a past Area A-13 Director who has been on the Toastmasters journey for more than 6 years. Myo started out with a personal goal of self-improvement, but his love for community transformed his goal to focus more on others. Myo's belief is that communication is the key to open doors to new paths, while leadership is the set of tools essential in helping you make that journey successful. Besides Toastmasters, Myo has a love for dancing hiphop, trying out new food and exploring new cities.

Leadership is rarely just handed to us without a reason. This breakout session is intended for people who would like to be leaders or are struggling with leadership and constantly trying to surmount obstacles. We will discuss the kinds of difficulties new leaders face, identify your leadership style and how it relates to others, and run an exercise where you'll work in a team to solve some of these obstacles.



CERT
COMMUNITY EMERGENCY
RESPONSE TEAM

Emergencies happen every day, no matter where you live. The Community Emergency Response Team (CERT) training is an emergency preparedness program that empowers the community to prepare and overcome the effects of any disaster that can disrupt their daily lives.

Learn basic life safety skills that can mean the difference in being a victim or a survivor in the next emergency. CERT is a nationally recognized program that is provided locally by your local fire or police department.

Be ready. Take CERT!

www.fema.gov/cert

District 57 Annual Conference – New Beginnings

2024-25 DISTRICT 57 TOASTMASTERS

District Leadership

District Director	Sally Philbin, DTM
Program Quality Director	Linda Patten, DTM
Club Growth Director	Jeffrey Young
Immediate Past District Director	Ed Cullen, DTM

District Director Committee Chairs

Finance Manager	Winnie Ma, DTM
Public Relations Manager	Leesa Thompson, DTM
Administrative Manager	Dennis Dawson, DTM
Logistics Manager	Gemma Rieser

Division Directors

Division A Director	Maureen Filler
Division B Director	Sue Skiff
Division C Director	Ray Gowan
Division D Director	Janet Voss
Division E Director	Karrie Keegan, DTM
Division F Director	Shalini Suravarjja

Area Directors

Area A1 Director	Srikrisha Sitaraman
Area A13 Director	Jana Lannen
Area A29 Director	Yuwei Zhang
Area A35 Director	Narendra Patel
Area B7 Director	Sarani Wijerathne
Area B21 Director	Shenali Wickramathilaka
Area B22 Director	Jill Arrington
Area B27 Director	Dheban V
Area C8 Director	Julie Garrett
Area C9 Director	Ulrika Brattemark
Area C10 Director	Jacob Blue
Area C31 Director	Renee Hawk, DTM
Area D3 Director	Vacant
Area D12 Director	Timothy Carlisle, DTM
Area D26 Director	Aaron Loc Van
Area D30 Director	Vibodha Bandaranayake
Area E4 Director	Daniel Waas
Area E6 Director	Darya Hoover
Area E18 Director	Jasmine Jayakody
Area E23 Director	Vacant
Area F19 Director	Priya Shastri, DTM
Area F28 Director	Sree Lakshmi Gudreddi
Area F34 Director	Cania Kwan

Want to take your speaking and leadership skills to the next level?

Join Speakers Forum, an advanced Toastmasters club meeting monthly online and in person at 3755 Washington Blvd, Fremont, CA 94538

speakersforumtm.toastmastersclubs.org/



District 57 Annual Conference – New Beginnings

AWARDS

OTMA Recipients (Outstanding Toastmaster Award)

Name/Level	DIV	Area	Club ID	Club Name
Janet E. Voss, MS4	D	12	2188234	Scopemasters East Bay
Jeffrey Young, PM5	A	29	2760	South Bay Toastmasters
Leesa Thompson, DTM	D	26	2967	Lakeside Speakeasy Club
"	F	28	28678387	Cre-Art Toastmasters Club
Michelle Peticolas, DTM	D	30	1463058	Heart2Heart
Sree Lakshmi D. Gudreddi, IP5	F	28	28678387	Cre-Art Toastmasters Club
"	F	28	4453	Hacienda Park Toastmasters Club
Timothy W. Carlisle, DTM	D	12	2188234	Scopemasters East Bay
"	D	12	910103	Toastmasters Leadership Club
Winnie F. Ma, DTM	B	22	6781	Coastmasters
"	D	12	910103	Toastmasters Leadership Club
"	D	26	1150549	Andeesheh Toastmasters Club

Name	DIV	Area	DTM Club ID	Club Name
Dennis Dawson, DTM	B	21	596430	LaughLovers Comedy Club
Duane Leem, DTM	B	7	894013	Swift Plaza Toastmasters
Praveena Raman, DTM	A	35	3756371	City Speech Toastmasters
Venkat Raman	A	35	3756371	City Speech Toastmasters

Name/Level	DIV	Area	Elite Triple Crown Club ID	Club Name
Arun P. Dixit, PM5	E	23	5306	Toastmasters on Campus Club
Betiel Haile	E	6	8629	Walnut Creek Toastmasters Club
Carla Y. Garrett, EH5	B	27	4027	Diablo Champagne Breakfast Club
Chalise Carlson, EH2	F	19	4762	Pleasanton Community Club
Deborah L. Wiener, DTM	A	35	9338	Speakers Forum Toastmasters
"	C	10	8731	Tenacious Talkers Club
"	C	10	5622	Ukiah Toastmasters
"	F	34	28675648	Quick Connections
Jay Ligda, DTM	C	8	2080	Capitol Speakers Toastmasters Club
Jennifer Perry-Ruzic	D	12	910103	Toastmasters Leadership Club
Jill Arrington, MS5	E	23	3730917	Power Speakers
Joy Montgomery, DTM	F	28	2452	Amador Valley Toastmasters Club
Leesa Thompson, DTM	D	26	2967	Lakeside Speakeasy Club
"	F	28	28678387	Cre-Art Toastmasters Club
Mary Aluba Okafor				
Maureen A. Filler, EC5	D	12	2188234	Scopemasters East Bay
Narula Nitin				
Randy O. Casarez, DTM	C	31	1449647	The Daybreakers
Sai Akkapeddi, PM5	A	1	7881014	Stagecoach Speakers Transformers
Shalini Suravarjula, PI5	A	35	9338	Speakers Forum Toastmasters
"	B	27	795293	Tales & Tellers Toastmasters Club
"	F	34	2332	Chamber Chatters Toastmasters Club
Somdutta Ray, DL5	A	35	5269	Union City Toastmasters Club
"	E	6	362	Sunrise Business Leaders Toastmasters
Sudipta Ray, SR5	A	1	7881014	Stagecoach Speakers Transformers
Timothy W. Carlisle, DTM	D	12	2188234	Scopemasters East Bay
"	D	12	910103	Toastmasters Leadership Club
Winnie F. Ma, DTM	B	22	6781	Coastmasters
"	D	12	910103	Toastmasters Leadership Club
"	D	26	1150549	Andeesheh Toastmasters Club

Deborah WIENER

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District 57 Annual Conference – New Beginnings

EVALUATION CONTEST JUDGE'S BALLOT / JUDGING CRITERIA

ANALYTICAL QUALITY refers to the effectiveness of the evaluation. Were the evaluator's comments clear and logical? Did the evaluator identify specific strengths and weaknesses of the presentation?

RECOMMENDATIONS are an important part of an evaluation. Recommendations should be practical, helpful and positive, and they should enable the speaker to improve his or her next presentation.

TECHNIQUE refers to the manner in which the evaluator presents his/her comments and recommendations. An evaluator should be sensitive to the feelings and needs of the speaker, yet inspire and encourage the speaker in his/her future speaking efforts.

SUMMATION is how the evaluator concludes the evaluation. The conclusion should briefly summarize the evaluator's comments and suggestions, and be positive and encouraging.

Target Speaker: _____

Title: _____

Evaluation Contest Toastmaster:

Evaluation Contest Committee:

Contest Co-Chairs:

Michelle Peticolas,
Ananda Sen

Chief Judge: Hans Thoma

	POINT VALUES				SPEAKER ORDER					
	EXCELLENT	VERY GOOD	GOOD	FAIR						
ANALYTICAL QUALITY <i>Clear, Focused</i>	40	28-39	17-27	0-16						
RECOMMENDATIONS <i>Positive, Specific, Helpful</i>	30	22-29	13-21	0-12						
TECHNIQUE <i>Sympathetic, Motivational</i>	15	11-14	6-10	0-5						
SUMMATION <i>Concise, Encouraging</i>	15	11-14	6-10	0-5						
TOTAL SCORE (100 MAX)										

YOUR CHOICES: 1ST _____ 2ND _____ 3RD _____

WINNERS: 1ST _____ 2ND _____ 3RD _____

Sergeants at Arms: Lynn Fraley, Monalisa Patel, Shruti Verma **Timers:** Shalini Suravarjjala, Susan Skiff
Tech Hosts: David Dai, David Lazcano **Ballot Counters:** Cinthya Quintero, Curt Hayashida, Mary Bustamante

District 57 Annual Conference – New Beginnings

INTERNATIONAL SPEECH CONTEST JUDGE'S BALLOT / JUDGING CRITERIA

CONTENT (50%)

SPEECH DEVELOPMENT the way the speaker puts ideas together. (Structure, Organization, Support Materials)

EFFECTIVENESS measured by the audience's reception of the speech. (Achievement of Purpose, Interest, Reception)

SPEECH VALUE justifies the act of speaking to say something meaningful and original. (Ideas, Logic, Original Thought)

DELIVERY (30%)

PHYSICAL PRESENTATION judged by how the speaker's appearance reinforces the speech. (Body Language, Speaking Area)

VOICE should be flexible, moving from one pitch level to another for emphasis. (Flexibility, Volume, Tone)

MANNER is the indirect revelation of the speaker's real self as the speech is delivered. (Directness, Enthusiasm, Assurance)

LANGUAGE (20%)

APPROPRIATENESS of language used that relates to the speech's purpose. (Speech Purpose, Relates to Audience)

CORRECTNESS of language so attention will be directed toward content. (Grammar, Pronunciation, Word Selection)

International Speech Contest Toastmaster: Backup

Toastmaster:

International Speech
Contest Committee:

Contest Co-Chairs:

Michelle Peticolas,
Ananda Sen

Chief Judge: Hans Thoma

	POINT VALUES				SPEAKER ORDER					
	EXCELLENT	VERY GOOD	GOOD	FAIR						
SPEECH DEVELOPMENT	20	14-19	9-13	0-8						
EFFECTIVENESS	15	11-14	6-10	0-5						
SPEECH VALUE	15	11-14	6-10	0-5						
PHYSICAL PRESENTATION	10	7-9	4-6	0-3						
VOICE	10	7-9	4-6	0-3						
MANNER	10	7-9	4-6	0-3						
APPROPRIATENESS	10	7-9	4-6	0-3						
CORRECTNESS	10	7-9	4-6	0-3						
TOTAL SCORE (100 MAX)										

YOUR CHOICES: 1ST _____ 2ND _____ 3RD _____

WINNERS: 1ST _____ 2ND _____ 3RD _____

Sergeants at Arms: Tracy Holme Anjana Pilli (Backup) Timers: Shalini Suravarjjala, Susan Skiff

Tech Hosts: David Dai, David Lazcano Ballot Counters: Venkat Raman, Sripriya Panchapakesan Charles Herron

District 57 Annual Conference – New Beginnings



Toastmasters International Mission

We empower individuals to become more effective communicators and leaders.

District Mission

We build new clubs and support all clubs in achieving excellence.

Club Mission

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Toastmasters International Core Values

INTEGRITY - We match our actions with our words, demonstrate honesty and trustworthiness, communicate with sincerity and thoughtfulness, have the courage to acknowledge our mistakes, and always strive to do the right thing.

RESPECT - We treat all with dignity, welcome diverse perspectives, acknowledge all contributions, believe that all have positive intent, practice mutual accountability, and critique but never demean.

SERVICE - We strive to provide high-value, exceptional support by being responsive, attentive, and passionate in fulfilling our duties as individuals and as an organization to all.

EXCELLENCE - We consistently strive to meet or exceed expectations by upholding the Toastmasters Promise, nurturing a collaborative environment, innovating to deliver creative solutions, and optimizing quality to produce superior service.

Toastmasters International Envisioned Future: *To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.*

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