



DISTRICT ONE StoryMasters

When there are good stories, people gather even in the middle of a three-day weekend.

Dr. Genius, a.k.a. yours truly, demonstrated how to recover a forgotten memory with her non-scientific experiment. As ridiculous as it sounded, it was a true story. (I don't recommend trying it though!) **Jacki Williams-Jones** shared another fun road trip story.

A well-balanced diet of caffeine, salt and sugar, an excellent selection of tunes, and directions – that's what we need for a good road trip! Now that I've taken my first road trip, I appreciated her story even more. **Debbie Kenneybrew** told a story about her Auntie Jackie (no, not our Jacki!). Her holiday story kept us in suspense as well as entertaining us. I'm sure that I will think of her story and laugh again during the holiday season. **Pieter Severynen** joined us after his choir practice. His family reunion story was mixed with pain and happiness, and warmed my heart, too.

It was such an uplifting afternoon — and one that we all needed!

Upcoming District 1 Events

Division F Speech-A-Thon

If you haven't attended the Division F Speech-A-Thon yet, this is the month you should come . . . because

StoryMasters is honored to host the November Speech-A-Thon! Whether you would like to speak, evaluate, or just support, come and join the fun!

November 16th @ 6pm – 9pm

LAPD Ahmanson Training Center
Refreshments will be served.

RSVP: Janet Kemp at

janetkempd1toastmasters@gmail.com

2nd Sunday Afternoons are for StoryMasters

On any 2nd Sunday afternoon, plan to arrive a bit early for a StoryMasters meeting. The meetings are held in the inviting ambience of the Tomiyama residence. Host Tina Tomiyama, along with other club officers and members, will greet you at the door with a cheerful smile and a hug or handshake. In the dining room, coffee, tea and bottled water are set out as a welcome afternoon pick-me-up. When the Sergeant at Arms calls out the two-minute warning, you move to the living room, where snacks are set out on tables surrounded by chairs, and a fireplace crackles on cool afternoons. You find your seat. When the clock strikes three, it is time to settle in for a delicious two hours of stories that will make you laugh, cry, ponder and see the world through new eyes.

StoryMasters is an advanced club where members learn how to use the ancient art of storytelling to make their presentations more memorable and powerful. Each meeting features 5-6 stories, followed by individual and round-robin evaluations. A break is sandwiched between the meeting segments, where everyone can stretch, chat, and nibble on snacks. In lieu of Table Topics, members and guests are invited to contribute to the round-robin evaluations.

Membership in StoryMasters is open to any Toastmaster who has completed six or more speeches from the CC manual or Level 2 in Pathways. The club meets on the 2nd Sunday of each month from 3:00 p.m.-5:00 p.m. at the Tomiyama residence, 3720 Monteith Drive, View Park 90043. Plan to arrive by 2:45 p.m. to get the full experience of this exceptional club.

By Margaret Mitchell

As the holiday season is approaching, I know how fast your calendar is filling up. Please mark your calendar now and RSVP to [Tina Tomiyama at tomiyama2@mac.com](mailto:Tina.Tomiyama@mac.com).

Meet our Newest StoryMaster, Kathy Falco

Because we meet only once a month, if you miss one meeting, you may miss a lot. I mean, A LOT! The October meeting was one of them. We welcomed our newest member, Kathy Falco. Before we hear her story at StoryMasters, let's find out how she found Toastmasters.

Discovering Genius



In one of my last graduate nursing classes, a new student was invited up to the podium to present a speech on health care finance. In preparation, I leaned back in my chair to get comfortable. After listening to countless students speak and having struggled through my own podium presentations for nearly 2 years, I expected another ordinary report. When the new student began to talk I found myself suddenly drawn to the edge of my seat. My ears were glued to every word she spoke. Her presentation style was delightfully different than what we had all been doing -- and she looked like she was enjoying herself too! My brain screamed, "How do you give a speech like *that*?" After she was done, you could hear the voices from the other students complimenting her and talking about her topic. Genius! As she returned to her seat, the generous applause lingered. Not being shy, I immediately spun around in my chair to face the new student and ask her, "How did you learn to speak like *that*?" "Toastmasters," she replied! On that December evening in 2010, I Googled what is Toastmasters and that is when my Toastmasters journey began.

Through Toastmasters, I discovered much more than how to be a better public speaker - I found a supportive entrepreneurial community and through hard work and happenstance how to win an area speech contest and even perform as a storyteller. I am excited to be a new member of StoryMasters and to continue in a Storytelling Workshop. I will always remain grateful for the day that I discovered the genius of Toastmasters!

Kathy Falco

Upcoming Storytelling Event

“All In The Family?” by Ann Buxie and Tina Tomiyama

Date: December 1st

Time: 2pm

A reception will follow the performance

Venue: Institute of Los Angeles

3210 W 54th Street, Los Angeles, CA 90043

Cost: \$20 donation suggested

Additional information call: (310) 300-6578

RSVP: allinthefamily-ann-tina.eventbrite.com

This is one of the storytelling concerts that I have been waiting for months. My favorite storytellers, Tina and Ann will do a 2-woman show! The tickets sell fast. I've got mine. Where is yours?



What happens when families blend? You will be delighted by the answer as Ann and Tina give you a close up and personal look at their mixed race marriages. They will share the joys, surprises, and challenges they embraced as their blended families introduced them to a variety of family customs.

Storytelling Stub ~ Pomodoro Technique to Write



Have you ever heard of the Pomodoro Technique? It is a time management method developed by Francesco Cirillo in the late 1980s. The technique is used for writers, too.

This is how it works:

1. Get a timer.
Pomodoro timer plugins are available for mobile apps, browser extensions, and other applications. Of course, a classic kitchen timer works perfectly for the purpose, too.
2. Set the timer for 25 minutes and write.
Ignore all the distractions and grammatical mistakes; don't edit, re-read, check Internet, or make tea. Just write.
3. Take a 5-minute break.
Even if you're in the zone and want to keep going, stop writing. Do something like taking a walk, cleaning a room, or doing dishes. I even challenge you not to use the short break to check your email or phone. Get away from your desk and stretch your legs.
4. Repeat the step 2-3. After four pomodoros, take a longer break (15-30 minutes)

You may be thinking, "I cannot write with a timer going!" This is just one way to write. You don't have to try it if the timer gives you too much anxiety, but if you do, you may be surprised to see the result.

Blocking time creates sharper focus and boosts productivity for your brain. My writing teacher uses the method when the dreaded writer's block pays a visit. She sets her own cycle though. She writes for 15 minutes, takes a 5-minute break, and repeats. At the fourth cycle, she keeps going until she finishes. "It works every time like a charm," she smiled. Are you ready to try the Pomodoro Technique? Set! Go!

Editor's Note

Ichigo-Ichie (一期一会)

While I was listening to Barbara H. Clark's talking about connection at her sold-out storytelling concert, the Japanese proverb came to my mind.

The term originated with traditional Japanese tea ceremony, back to the 16th century.

Great attention should be given to a tea gathering, which we can speak of as "one time, one meeting" (ichigo, ichie). Even though the host and guests may see each other often socially, one day's gathering can never be repeated exactly. Viewed this way, the meeting is indeed a once-in-a-lifetime occasion. The host, accordingly, must in true sincerity take the greatest care with every aspect of the gathering and devote himself entirely to ensuring that nothing is rough. The guests, for their part, must understand that the gathering cannot occur again and, appreciating how the host has flawlessly planned it, must also participate with true sincerity. This is what is meant by "one time, one meeting."

In this thankful month, I would like to thank each one of you for the connections we have built through StoryMasters and the storytelling community.

I'm looking forward to our next once in time encounter whether it's in person or virtually.

Happy Thanksgiving!

Miyo Yamauchi

