



"DELTA BREEZE"

Quarterly Newsletter | District 39| Club No. 04001536

Club Officers

- President Damon L. Cooke
- V.P. Education Charles Berberich
- V.P. Membership Asad Lewis
- V.P. Public Relations JulianGlenn "Luke" Padgett
- Secretary Brian Keith-Stafford
- Sergeant -at-Arms Gregory Sutton
- Immediate Past President Gordon Melvin

Meeting Schedule

Every Wednesday:

6:30 p.m. - 8:30 p.m.

In the Level II Gym

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Trifecta!



Members of the three (3) time Presidential Distinction "Delta Breeze" Toastmasters Club at Solano State Prison in Vacaville, California, USA

Executive Body Selected

Last December, the Delta Breeze chapter of Toastmasters elected a new Executive Body. These officers began their new roles in January 2019. The election process was smooth and all members willingly participated in the process.

The new Executive Body members accepted their positions with pride and integrity, as they stood before the sponsors, Jim Bauer, Ms. Jackson, and Denise.

It looks as if this new Executive Body will maintain the high standards and practices of the previous governing body.

The general membership will be in capable and efficient hands during their journey through this new chapter of "Delta Breeze." Damon L. Cooke, newly elected Club President opened his acceptance speech with, "I thank you, the members of this club



Elroy Smith, Club Member

Table Topics

This is where "Delta Breeze" excels in the development of speakers and creates good orators who learn how to think on their feet.

- Builds confidence
- Restores Integrity
- Develops personal growth



Club Sponsor Ms. Jackson (Retired)

We're going to miss our faithful Sponsor Ms. Jackson. Your support of this club will never be forgotten and you have a standing honorary membership with us always!

Thank You!

for allowing me the privilege to serve as your President and it is with great humility that I accept this position with the full intention of maintaining the high standards set before me with this club."

Check Your Intent and Goodbye

Hello. I am a Toastmaster and a member of Delta Breeze Toastmaster's since August 2016. During that time I eagerly did my part by serving first as the vice president of Public Relations and afterwards as the Club President.

As a club officer one of my duties was to ensure that the club maintained an inclusive environment in which members working to improve themselves had the opportunity to do so.

Now, I made mistakes on my journey, but from those mishaps I learned how to be better the next time. One of my errors occurred when I blindly supported members who I believed were working to strengthen Delta Breeze. Not recognizing their intentions, I defended them and their ambitions. When I finally realized my error in judgment it was too late to rectify what had been done.

When all was said and done I discovered that none of that mattered. I believe this 100% because everything is a learning experience placed in our paths to make us better, while also moving us forward. From those times I've come to believe that Delta Breeze will survive in spite of members in the business of "**Serving Only Themselves.**"

You see Delta Breeze has enough members who are solid and in our club for the right reasons. This type of integrity shines in the darkest of areas. People like this attract others because we recognize principles of equity.

I feel that the right reasons are defined by people who do the best they can at a given task. Because by doing your part with positive intent you automatically help others succeed. As members of this club it is our responsibility to reach out and support the next person striving to be a Delta Breeze Toastmaster.

It is simple, once we join Delta Breeze we automatically agree to take on tasks and with that comes the understanding that these positions are not about “self-service” or personal accolades. Becoming an effective leader means paying attention to the needs of other members and not what you personally can get. In fact, doing the right thing has little to do with individual needs, doing the right thing is always about the team, the whole; because these make up the family.

Don't get me wrong. As a member I have reaped all kinds of personal rewards. One of them is that I have gotten over my fear of public speaking and I've witnessed other members do the same. I have also seen men like Timothy McCrea evolve into incredible speakers. Men such as Brian Keith-Stafford I have watched walk through Toastmaster's and seen his growth. I have seen all types of men find their voices. Also, being involved in the production of the clubs' Newsletter has been another benefit that I've enjoyed and learned from.

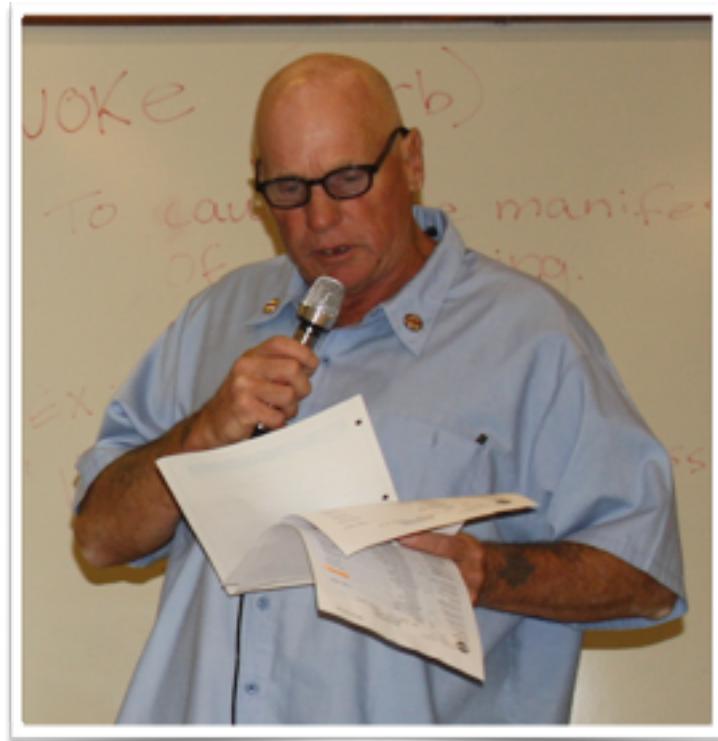
This club has guided me to the point that I have earned my CC, and ALB on top of all my experiences and I have enjoyed it.

As this journey nears its end I feel I have one last duty to perform and here it is. I would like to encourage each and every member to evaluate his or her intent. Are you in this for “yourself” or are you in it as a “member” of this club?

If you are here as a member, part of a “we instead of a me,” you are in it for the right reasons. I know this because my own journey has been nothing less than life-changing.

With that said, I wish all of you the absolute best in your Toastmaster's ride because it can be a great one! Good luck on your journey, take care and goodbye.

Gordon Melvin
Past President of Delta Breeze
Toastmasters



The Great Plumline



Soft Spoken New Club
Member Mr. Hung Vu
receiving his induction into
“Delta Breeze.”

Denise Does it Her Way!

Since I joined Delta Breeze Toastmasters Denise has been a positive influence on my growth and understanding how clubs function in the “free world”. She is a tremendous asset to this club and to Toastmasters.

By Julian Glenn Padgett



Club Treasurer Denise

Delta Breeze Chapter

Hello future and fellow Toastmasters, I have two questions for you. What is the most important thing in your life and what do you visualize yourself becoming? If you can answer just one of these, the plumline between you and some of the greatest men and women in history just got shorter.

Your vision is not just an individual concept, it's also a collective one as well. It is a journey guided along by those whose vision is no less kindled by their own transparency.

What is vision you ask? That is a very good question so I'll offer you my best personal perspective of that word. Vision is the ability to see the gesture so clearly that it empowers you in the present. This simply means, being aware, being active in what you listen to and how you unpack and then use information; helping you obtain the present and future life you want.



We, the men of Solano have the unique opportunity to rely on one of the greatest expense accounts in life's nursery, free time as an adult. In that we are all products of our experiences, both good and bad. Therefore, if you think in terms of possibility, why not then expand your experience base of what you live and feel?

This is what I decided to do before I joined Toastmasters; I thought long and hard about how I could be of value. And what I wanted to experience as I was learning about public speaking and leadership in the Delta Breeze Toastmasters club.

There are a lot of things that we are going to have to deal with once we are released back into society. The things we will face will not be too difficult for us to handle; yet they will require us to seriously slow down and think about where we are in that moment.



**World renowned poet Club
Member Spoon Jackson**

I am proud and humbled to be a part of Toastmasters as a poet/writer, teacher, artist, and a player of the Native Flute. Most recently a Podcast Producer of national radio program "Uncuffed". Being a part of Toastmasters helps me with my public speaking. I've learned how to write and deliver speeches and also how to present my ideas and conduct my writing workshops. I think being a shy person from the desert, Toastmasters has opened me up to being a better communicator and artist. I am honored. This organization is top notch and I'm proud to have been selected into this club.



Delta Breeze Chapter

Situations may even ask for us to recall what we've learned here from Toastmaster's and use these skills in order to move forward. We may at any moment find ourselves challenged by past belief systems and behavioral patterns. Yet when we remember who we are; our core value system; our hard earned skill sets we've all learned while here in Toastmaster's. Success in all of its multiple forms will be attracted to us and not repelled away from us.

I've come to believe that we of Delta Breeze Toastmasters know that a rejected opportunity to assist a person in realizing their own vision is a lost opportunity to realize ours. I am proud to say that is not what our club is about. We are inclusive and diverse, and encourage everyone to be the success they envision.

As a representative of Delta Breeze Toastmaster's, I extend an open invitation to you all, to join me in helping others in our club realize their vision of becoming who they desire to be. Because if you can't envision where you want to be or how to get there you won't recognize the path and people standing right beside you who want to help you get to your destination.

By Rudy Murphy

Softly Spoken

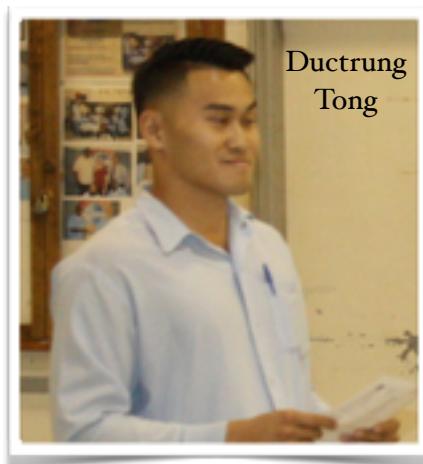
When I first joined Toastmasters on May 1, 2016, my goal was one that is shared by many, "to learn how to speak better before the parole board". Considering that I was raised in a home where yelling was considered to be a sign of ignorance or aggression, it was extremely difficult for me to be heard during my speeches.

Time and time again during the evaluations of my speeches the softness of my voice was pointed out to me by several individuals, repeatedly. I can remember one night I made a speech and for the first time my voice was fully exposed. Everyone, our club sponsor Jim, to my fellow club members were quite astonished at the timber of my voice while also being surprised by my natural baritone.

Suffice it to say, I won best speaker and was further encouraged by my Toastmaster colleagues to continue using "the voice," my voice, at our future meetings from now on. To my amusement and to everyone else's, this voice was coined as "my big boy" or "radio" voice.



Club member Tommy Truong credits Toastmasters for recently receiving a parole date.



Club Member Mr. Tong performing his job as Toastmaster.



"I am proud to be a member of such a distinguished club. This is an honor to be a part of."

I've now earned both my advanced communicator bronze, ACB and my advanced leadership bronze. And yes, at times from sheer stress during a speech my volume may drop, but that's the point when I take a deep breath and re-focus my efforts. I settle myself and push through that moment, because that's what a Delta Breeze Toastmaster does. We achieve it because we can see it and thanks to all of you I can see my success.

I have had my own personal struggles with public speaking yet you too can grasp everything you want. With a clear vision you will find your own voice if you breathe, persevere and push forward; trust me you'll achieve all your goals.

So to all of you, keep striving for what you want because the members of Delta Breeze Toastmasters will most assuredly help you get there. I know this, just listen to me when I speak, I'm definitely living proof.

Brian Keith-Stafford
Secretary



Delta Breeze Non-Verbal Signs of Focused Supportive Listening

Having the opportunity to be a Delta Breeze Toastmaster is one of the highlights of my prison journey. As we hold our club meetings within the gym; an area often shared by several other men who are not in our club, we often find ourselves competing for "space". I don't just mean the physical space we occupy to hold our meetings.

No, here I define space in this instance as such: "The mental concentration which we use in order to focus our attention on specific club speakers". Holding our Wednesday night meetings in the gym brings with it an added assortment of distractions by which we must find a way to focus. For example, ping-pong, the billiards table, basketball, and other distractions have at times taken my focus from a particular speaker when I earnestly wanted to show my support through "active listening".



Julian Glenn "Luke" Padgett
V.P. Public Relations

When our colleagues are standing before us presenting their speeches we can endorse their efforts by focusing on what they are saying, no matter what the distractions are around us. This speaks volumes in the realm of support for club members, because what we are saying is this": "I am here to support your journey as a Delta Breeze Toastmaster; I'm here to listen to you!"

The signs of "focused supportive listening" are easy to learn. Here are a few practices to help you stay engaged when distractions in the gym compete for your attention.

- Arrive early (remember, early is on-time, "on time" is late and late is a waste.)
- Sign in on the attendance sheet as soon as you get to our meetings.
- Locate your seat.
- Make eye contact with the speaker.
 - Inform other Toastmasters who want to distract you that you're focusing on the speaker who is up there. Try this:
 - "I feel what you want to say is important, yet right now I'd like to focus on the speaker, thanks".
 - Stay engaged by participating if asked to do so by the speaker.
 - Give a rousing applause, one that you would want to have done for you if you were after your speech. This type of encouragement helps the speaker gain confidence, plus it's a lot of fun!
- Promptly fill out your "vote papers" and give it to the speaker because that demonstrates you were indeed paying attention.
- Stay for the entire event not just for your friend this is a way of also meeting new members and gaining new speaking techniques.
- After the evening meeting is done, go up and congratulate the speaker some more. This is a way to not just show your support but to inquire how they decided to choose their topic.

**All of this is predicated on you being proactive, so remember, we're
Toastmasters and we build leaders!**

The Most Dynamic Delta Breeze Speaker

Toastmasters, for me is not a speaking program where I simply craft my speaking ability for a leadership presentation. The program for me is about learning how to say what has always been in my heart and soul. This program assists me in honing the techniques required to convey a message, be that a message is pleasing or displeasing to the listener; in such a manner that I can be heard.

Cotton Joe Jones



For most of us who have found our way to these infamous grounds, prison is a place reserved for those who could not find ways of expressing themselves without the use of violence. Toastmasters builds within us the ability to use a human beings first means of goal achievement, effective communication. As a Toastmaster here at Solano, from the inception of Delta Breeze, I have watched myself and others deliver messages to correctional officers, wardens, parole boards, and our peers, who many times continue to use violence to resolve conflicts.

For me, Toastmasters is the greatest rehabilitation program that I have experienced during my 27 years of continued incarceration. When I believe I can be heard and have been able to develop a personal mission statement that I am proud. I have no reason to ponder my previous ineffective message to those of which I desired to be a part.

- Cotton Joe Jones



Asad Lewis

V.P. of Membership

“Onward and Upward”

I first learned about the existence of Toastmasters International during my college days as a young man. One of my professors spoke briefly about it; then one at a time each student was given a single word on which we were required to speak for two minutes. This was more than 14 years ago. I always wanted to learn more about Toastmasters after that, but raising three (3) children as a single parent did not offer much free time.

Here I am 14 plus years later, not only a Toastmaster member, but the Vice-President of Membership.

Being a Delta Breeze Toastmaster has been of great benefit to me, as it has provided many opportunities for me to improve upon my listening and communication skills.

It's all about self-improvement. With the new Pathways Program, I am able to use the experience that I gained to fit everyday situations. The Pathways learning experience allows me to proceed at a pace that is comfortable for me, and I really like that aspect of it.

Currently I am working the Strategic Relationships Program. I hope to learn as much as I can from it, and that I may serve as a proper example and mentor for those who come after me. I thank all of those who have come before me, those who are here now and those who will undoubtedly follow. I am committed to and will support Delta Breeze in all its laudable endeavors for as long as I can. Thank You

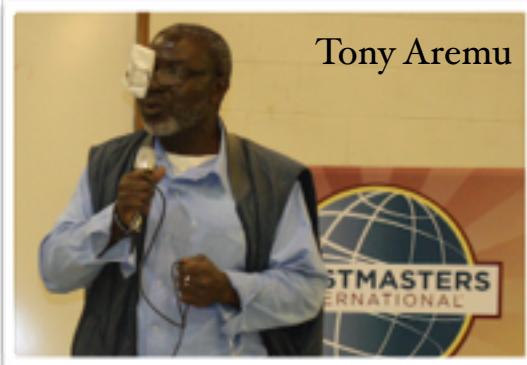
-Asad Lewis

“An Eye Opener”

Table Topics was my salvation to understanding the core meaning behind Toastmasters' method of making a competent communicator and competent leader.

I officially joined Delta Breeze Toastmasters club in April 2018 just to see what it had to offer. Soon, I was invited to the podium to give a two (2) minute impromptu speech in front of 25-30 people. I was nervous at the time because I had never done anything like that before. However, I overcame my fear of public speaking then, and to my surprise table topics opened my eyes to the power of communication and gave me the courage to speak publicly in front of lots of people while communicating my thoughts and ideas confidently.

In conclusion, I am grateful to Delta Breeze Club members, their illustrious sponsors, mentors, and the Toastmasters International organization for providing the platform, support and encouragement.



Club Member Tony Aremu delivering a powerful speech “An Eye Opener” with an eye patch for effect.

“Brain Farts”

I gave my ninth speech out of my competent communicator manual the other day. I was feeling pretty confident in my abilities looking at my past speeches. I stepped up in front of my audience and commenced with my opening. And then it happened. I went blank. My mind went into a panic. I couldn't retrieve the next part of my speech from my memory. It seemed like an eternity, but was probably less than seven (7) seconds. My mind finally grabbed ahold of another part of my speech and I was able to continue.

I managed to add some other information into the speech to make up for the lost portion, but it didn't flow like I wanted. How many people noticed? Some did, others thought it was a pause for emphasis. What went wrong? First, I did not prepare for this speech like I had for others. I didn't practice in front of my friends like I had in the past. Second, I got overconfident. I have one more speech before I complete my competent Communicator manual and I didn't want to “Brain Fart” again. Effective public speaking takes work and there are no short cuts, at least for me. I know what I need to do for my last speech. I have to put in the work.



-David Thorne
Club Member

“I was proud to serve this club in any capacity I could. Once paroled my love for “Delta Breeze” became deeper because they taught me how to communicate more effectively, helped in my transition, and showed me how to have confidence in my abilities. The members helped to create a positive atmosphere that promotes wellness, kindness, and understanding of inner peace.
Thanks guys for being there”



Keith Kitagawa and Michael Villasenor enjoys their experience at “Delta Breeze” Toastmasters.

Delta Breeze Chapter

- Keith Kitagawa
Returned Citizen

"A Closed Mouth Doesn't Get Fed"



**Charles Berberich
V.P. of Education**

How many times have you wondered why you weren't chosen for a role, part, or a certain position? How many times have you sat back, filled with indecisions, wondering if something was for you, without even looking into the possibility, and watching as someone else grabs the chance? How many times have you failed to speak up, ask, or apply for something, only because you had that fear lingering within that you might be rejected? I am sure that at one time or another, in all of our lives, these things have occurred.

As the three time Vice-President of Education in Toastmasters, I have constantly reminded our members that if they have needs, questions, requests, and do not speak up, how am I supposed to help them? Throughout this institution I see this same scenario. How are the administrators, counselors, correctional staff, free staff, lead men, mentors, or even friends to know your goals, needs, requests and what they can do to help, if you do not put the information out there?

You have a voice, and if you refuse to use it properly, you are the one rejecting your own possibilities. In Toastmasters, this is each members' responsibility if they wish to reach their goals in a certain time frame.

Every educational project takes on average, a year to complete. Being a dues paying club, as members, we also have responsibilities to our families, and sponsors to accomplish our tasks in a timely manner. The members of the General Population have similar obligations to family, children, and friends.

It comes down to each of us opening our mouths and communicating with those who are in positions to help us. Nothing is placed on a silver platter and just given to us. We have to earn it, and ask for it. Not doing so is saying "I'm okay with the way things are in my life."

My plea to Toastmasters and the General Population is this: Start communicating with those who can help you establish your goals, and let's go home sooner than later.



Delta Breeze Chapter meeting in Solano

- Charles Berberich
V.P. of Education

My Experience In Toastmasters

My name is Virgil Jason Clarke and my experience in Toastmasters has been insightful. Not only did I gain confidence in public speaking, I've learned how to effectively communicate on a professional level; at least that's what I aspire to. I've learned how to craft a hardworking speech, research for that speech and finally deliver the speech. I've also learned how to receive and incorporate effective evaluations in order to make my speech better.

I've learned what it takes to be a leader and I'm still learning the ins and outs of public speaking. Toastmasters has also given me the courage to try things that I never thought I would do, such as Shakespeare. I started to feel comfortable speaking in front of people and audiences, and that knowledge and strength allowed me to deliver a speech based on the premise of Misconception versus Reality to Youthful Offenders during a Lifeline meeting. Toastmasters has helped me in making a passionate plea to the Y.O.P.'s and it will continue to help me in my future endeavors.

No longer do I have to fear saying the wrong thing because Toastmasters has taught me to think before I let words simply fly out of my mouth. The words in which I use help me convey the message where it can be understood yet at the same time intelligent.

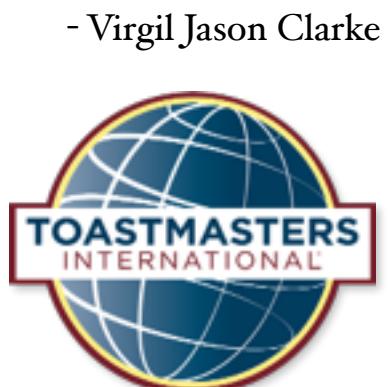
I've also learned how to craft a speech for a certain time-frame and how to hit certain key points using my vocal variety in my voice. Outside of this, Toastmasters has helped me conquer the fear and anxiety of being open about my past and truly letting people know who I am.

Toastmasters has allowed me, amongst many things, to meet individuals who show through their conduct what it means to be a leader. I've heard many great speeches during my time in the "Delta Breeze" chapter of Toastmasters. People like Charles Berberich, Cotton Jones, Gregory Sutton, Tony Aremu, Asad Lewis, Luke Padgett, etc. I've learned a lot from them just by watching them. Their ability to speak is what I myself aspire to. They all were instrumental in keeping me focused on my goals, even showing me how to get them. So, I am greatly appreciative for the growth I've gotten since becoming a member and I do look forward to more growth.



Sebastian Rodriguez and Denise passing out awards

Delta Breeze Chapter



- Virgil Jason Clarke

Our New President Speaks

Thank you so much “Delta Breeze” for giving me the opportunity to serve as your new president. I do not take this responsibility lightly and I’m deeply humbled by this honor. This club has given its members so much support and love, and my primary wish is to continue the high standards set forth by my predecessors. Boy do I have big shoes to fill, but I’m certainly up for the challenge.

I entered into my term with three main goals for this club; 1) Always ask yourself, “Am I getting something positive of this experiences?” 2) Have I made a personal connection with anyone in this club that made me better? 3) Has Toastmasters International provided me with the most optimal learning experience? If you’ve answered yes to all, then I’ve done my job.

Being mindful of potentially explosive situations may help you with your personal growth. Mindfulness is the path I’ve been placed on, so I feel it is my duty to share my life experiences with this club in a healthy way. Also, to always maintain a positive atmosphere to maximize the personal experience anyone may have.

I refuse to allow others to control my emotions now that I’m in a healthy state. However, I do understand and feel their pain because I know and realize that control is a compulsion. I’ve suffered from this for many years and I know this **Beast** very well. While I was in a state of confusion my only way out was to begin to live with a greater state of awareness.

This club has helped me conquer the fear of public speaking and I can see situations clearly now. Always remember, “We can choose to become more centered, calm and clear. The power lies in knowing that, that decision is squarely your own.”

Thank you Delta Breeze, Toastmasters International and Sponsors, and all who have pledged their support in my growth. I am so grateful to have your endorsement.

- Damon L. Cooke



Damon L. Cooke
Club President
“Delta Breeze” Vacaville, California

New Sponsor

Delta Breeze would like to extend a warm welcome to our new sponsor, Tina Romero. We sincerely hope your experience is worthy of our invitation.

Welcome Tina!

Delta Breeze Membership

Club #04001536



Last Name	First Name	Credentials
Aremu	Tony	SR-2
Basso	Fausto	CL
Berberich	Charles	ACS,ALB
Bowker	Blaine	
Bustos	Manuel	New Member
Clarke	Virgil	
Cooke	Damon	PRESIDENT
Fleming	Albert	New Member
Jackson	Spoon	SR-2
Jones	Cotton	ACB
Jones	Malik	New Member
Lewis	Asad	SR-3
Kupecz	Jacob	
Murphy	Rudy	PM-1
Nguyen	Tien	
Padgett	Luke	CL
Rodriguez	Sebastian	CL
Smith	Elroy	New Member
Keith-Stafford	Brian	ACB, ALB
Sutton	Gregory	ALB,CC
Thorne	David	CL
Tong	Ductrung	
Truong	Thoung	CL
Vu	Hung	
	Denise	ACB,CL