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Toastmasters members elect Heath Suddleson to international Board

New Director at 250,000-member organization is from Potomac, Maryland

RANCHO SANTA MARGARITA, Calif., Aug. 24, 2009 – Heath Suddleson, of Potomac, Md., has been elected to the Board of Directors of [Toastmasters International](#), the world's leading organization devoted to teaching skills in communication and leadership. Suddleson was elected to the two-year term at the organization's 78th annual International Convention, held in August in Mashantucket, Conn.

Suddleson became a Toastmaster in 2002, joining a club at his workplace to improve his presentations to management. He is an engineer for [Bechtel Corporation](#) in Frederick, Md. In addition to belonging to the [Bechtel Powermasters club](#), Suddleson is a member of three other Toastmasters groups.

"Although I admit I showed up to my first Toastmasters meeting just to get a free lunch, I discovered an opportunity for professional development and self-improvement that I had never imagined," says Suddleson, who is married and has two children. "I found the joy in learning, leading and serving, and I now look forward to each new meeting."

A scuba diver and motorcycle enthusiast, Suddleson is a member of the American Legion and the Association for the Advancement of Cost Engineering.

About Toastmasters

[Toastmasters International](#) is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. The organization currently has 250,000 members in 12,000 clubs in 106 countries. Since its founding 85 years ago in October 1924, the organization has helped more than four million men and women give presentations with poise and confidence. For information about local Toastmasters clubs, please visit www.toastmasters.org.

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