



MONROE VOCAL PROJECT NEWSLETTER

TOASTMASTERS INTERNATIONAL CLUB # 798479 VOLUME 1, JULY 1, 2007

Member Spotlight

Lory Tossey



Lory joined Toastmasters in 1982 as part of Harbor View Toastmasters. At the time she was working at Harbor View Medical Center as the Payroll Manger. One of her duties was to make presentations to management groups. This

always scared her. She says, "during meetings, I would hyperventilate when it was my turn."

Someone suggested Toastmasters and she has never looked back. Lory says that Toastmasters has built up her self-confidence and allowed her to meet incredible people. It also helped her to finish school. She earned a Bachelor of Arts, Liberal Arts degree and had many projects and presentations to complete.

In 1997, a member of Harbor View Toastmasters helped Lory to find her property here in Monroe. Lory and her husband Walt had a dream of moving to a country setting so they bought a lot with a small house and acreage.

In 2005, Lory and Walt moved to Monroe. Lory had retired after 25 years at Harbor View. One of the first things she did upon arriving in Monroe was to join the newly formed Monroe Vocal Project. At that time, the club was meeting at Petosa's Restaurant.

Lory says the Monroe Vocal Project has been "the nucleus of everything that's happened since moving to Monroe." With her husband Walt's heart attack and subsequent brain damage, the club has provided a very supportive and nurturing environment for Walt to return to health. Also, the club supported Lory's as she acted in three plays. Her first play was "Murder on the Nile." She also acted in the "Seussical: The Musical" and "Little Shop of Horrors."

Lory is currently the Treasurer for MVP

Monroe Vocal Project Publishes First Ever Newsletter

This is the inaugural edition of what I hope will become a solid tradition in our club. It works well in other clubs and I hope in our club as well. I am hoping to include a lot of very good information in this small space. But I can't do it alone. Each and every one of you will need to help me to make this newsletter a success!

The plan is to publish this quarterly, if not more often. We will need articles by members about all sorts of topics. Look at the information in this first newsletter and think of how you can contribute to make this the best it can be.

This month's Toastmaster Moment

When I started in Toastmasters, I never thought about how it related to the real world. I just knew my father enjoyed it and thought I might as well.

This last month I attended the funeral of my grandfather. My mother asked me to read a poem that she had picked out specially for the occasion. However, the first person to speak was my Aunt. She read the exact poem that my mother had selected.

Faced with this dilemma, I called upon my Table Topics skills. As the ceremony proceeded, I created my own poem about my grandfather. When called upon, I spoke of my childhood and all the great memories I had shared with my grandfather. I then read my poem. This was received very well and I was later asked to send my poem to both my mother and my aunt.

Mike Vorkapich, CTM

If you have a Toastmaster Moment like this one, please share it with us.

Two great towns, two great clubs Morning or evening, your choice

Sultan

Early Words Toastmasters
Every Thursday, 7:30 am
The Pastime Bar and Grill
Hwy 2, Sultan
(360) 799-1222

Monroe

Monroe Vocal Project
Every Wednesday, 7:30 pm
Alfy's Pizza
Hwy 2, Monroe
(360) 793-2905

Club Officers Attend Training

Three Club Officers from The Monroe Vocal Project filled their semi-annual requirement by attending Toastmasters Leadership Institute Training Saturday, June 16th. Jerome Shaw (incoming Sergeant-at-Arms), Adrienne Hulbert (incoming President), and Michael Vorkapich (incoming Secretary) could have spent their Saturday watching television or mowing the lawn. Instead, they were learning more about their role within Toastmasters.

The training was held at North Seattle Community College and ran from 8:00 am until 12:30 pm. There was a wonderful introductory session, inspiring everyone to make their club meetings the best they could be. This was given by the Division D Governor, Clyde Jones.

After this, there were three break-out sessions held in four separate classrooms. The break-out sessions covered everything from how to be Treasurer to Making a Website. These were held by various experienced Toastmasters.

The closing sessions was a pep-talk about the benefits of Toastmasters. It was given by Bruce Meaker and really inspired everyone to think of how Toastmasters has already helped them in their jobs and their everyday lives.

What is Toastmasters?

Toastmasters International (TI) is a nonprofit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking and leadership skills. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking--vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

The organization grew out of a single club started by Ralph C. Smedley in 1924. Smedley Club Number 1, which would become the first Toastmasters club, was founded on October 22 of that year at the YMCA in Santa Anna, California, United States. Toastmasters International was incorporated under California law on December 19, 1932.

In 2006, there were more than 215,000 members and over 11,000 clubs located across the United States and in approximately 90 other countries. A Toastmasters club is a "learn-by-doing" workshop. A typical club has 20 to 40 members, who meet weekly or biweekly for an hour or two to learn and practice public speaking techniques. Toastmasters also teaches leadership skills. This is motivated in part by the fact that TI is staffed completely by volunteers (except for a staff of about 60 paid personnel at the World Headquarters). Even the board of directors is composed of volunteers who still hold membership in a local club, and who do not get paid.

Every Toastmasters club meets on a regular basis, at least 12 times a year. Each club meets for an hour, sometimes up to two hours, depending on the club. Each meeting has a structured format, with various members participating in the different roles in the meetings. The meeting is run by a *Toastmaster of the Day* (TMOD or TME for Toastmaster of the Evening).

From Wikipedia - [http://en.wikipedia.org/wiki/Toastmasters International](http://en.wikipedia.org/wiki/Toastmasters_International)

Quote of the month

It usually takes me more than three weeks to prepare a good impromptu speech.

Mark Twain

Upcoming Events

Toastmasters Leadership Institute

July 14, 2007 – Renton Technology College, Renton

August 4, 2007 – Emmanuel Baptist Church, Mount Vernon

August 11, 2007 - Farmers New World Life, Mercer Island

Meetings

July 4, 2007 – canceled due to the Independence day holiday

July 11, 2007 – normal meeting at Alf's

July 18, 2007 – normal meeting at Alf's

July 25, 2007 – normal meeting at Alf's

Other Events

July 4, 2007 – BBQ and fireworks display with the Vorkapich family

July 13-15, 2007 – Sultan Shindig. Toastmasters members announce various events



Meet the new club officers

July 1st marks the end of the term of office for all Toastmaster clubs. It also marks the beginning of the term for the new officers. Get to know the officers of the Monroe Vocal Project. Each one has provided a brief outline of their strategy for the upcoming year. Lets wish them all the best of luck.

President: Adrienne Hulbert

Adrienne is the former Secretary of The Monroe Vocal Project. She says she wants to push the club to the next level. "I want to turn it up a notch." One of her goals is getting the club back to the 20 member point.

Vice President Education: Mel Tossey

Mel Tossey has not previously held a club office. His years as a teacher and church organist should help him fulfill his duties as VP Education. Mel is the brother of charter member Walt Tossey.

Vice President Public Relations: Mildred Gartin

Mildred one of the club's first members. She has not held an officer position before and is unsure what her responsibilities will be. However, she is looking forward to helping with the club's membership building goals.

Vice President Membership: Tom Green

Tom Green is another new officer for the club. He will be in charge of keeping contact with the existing members and any prospective new members. His role is to make everyone feel welcome when they are at the meetings.

Secretary: Mike Vorkapich

Mike plans to start the club newsletter, review how we document our meetings, keep the roster updated, maintain the website and, as prior Vice President Public Relations, help Mildred in any way he can.

Treasurer: Lory Tossey

Lory will be keeping her position as club Treasurer. She has done an excellent job with the club finances in the past.

Sergeant at Arms: Jerome Shaw

Jerome is looking forward to his new position as Sergeant at Arms. He says that being President is not as easy as he originally thought. While he had a good time, he is ready to relax and just set up for the meetings.

Toastmasters can help the young and the handicapped

Alix Vorkapich, age 14, has been attending Toastmasters meetings with her father for two years. She attends regularly and participates quite often. She has been Table Topics Master, Timer and Grammarian.

Jordan Bates was brought to Toastmasters by his mother, Adrienne Hulbert. Jordan suffered a brain injury several years ago in a car accident. Toastmasters has improved his speaking abilities and his ability to express his thoughts. The brain injury has made this difficult but now it is much easier for Jordan to get his ideas across.

Walt Tossey suffered from a heart attack a couple years ago. He was clinically dead for a short while and suffered brain trauma from lack of oxygen. His speech was unhindered by this but his memory is hazy. He barely remembers anything from before the heart attack. He attended Toastmasters before the heart attack and continued after. Immediately afterwards, he had a hard time forming coherent sentences. He was made Sergeant at Arms last year. This gave him the opportunity to speak in front of everyone every week. This has been difficult but has ultimately help Walt form coherent sentences and follow an agenda.

Sultan Early Words Picnic

The annual picnic for Sultan Early Words, held at the home of Tom and Dolly Green, was a success again this year. The picnic this year was held on June 30th instead of the last weekend in July. The turnout was not as great as it has been in the last few years. This may have been due to the date change.

Many burgers and hot dogs were consumed, along with soda, water and other beverages. There were several great desserts to choose from, including home made chocolate chip cookies, cheesecake, and key lime pie. The highlight of the food, however, was the milk shake machine owned and operated by Tom Green. This year he added a new flavor, Reeses Peanut Butter Cup.

There was also a golf contest to see who could hit a ball closest to a steak in the ground. For a while it looked like Tom and Dolly's grandson would win but then Donna Murphy came and blew everyone away. She took home the enormous cash horde of \$15.50. The remaining \$15.50 went to the Sultan Early Words Treasury.

Everyone had a great time and lots of food. Even the children had fun at this wonderful picnic.

