



MONROE VOCAL PROJECT NEWSLETTER

TOASTMASTERS INTERNATIONAL CLUB # 798479 VOLUME 2, OCT 2, 2007

Member Spotlight

Jerome Shaw



Jerome joined Toastmasters at the suggestion of his wife. She was already in Toastmasters but Jerome couldn't attend because the meetings were in the mornings. When Monroe Vocal Project started up in 2005, Jerome came on board as one of the founding members.

He attributes improvement at work to Toastmasters. "I used to think I had good communications skills. But after I attended some meetings, I realized I wasn't as good as I thought. After just a few months of Toastmasters, I was able to give a presentation to a prospective client. I believe this presentation helped to win us the project worth over one million dollars."

Jerome works for Merritt Mechanical in Redmond, Washington as Senior Estimator. This job requires him to take proposed plans and calculate project cost. This cost is then used to bid on projects for the company. Jerome has worked for Merritt Mechanical for 17 years.

He plans to stay with Toastmasters for the foreseeable future in order to continue improving his speaking skills. He has been very active in the club and will most likely continue to be as active in the future.

Positions held:
2005 – Sergeant at Arms
2006 – President
2007 – Sergeant at Arms

Monroe Vocal Project Sweeps Area Speech Contest

The Area 55/54 Humorous Speech and Table Topics contest was held on Friday, September 28th at the Seattle Times building in Bothell, Washington. The Monroe Vocal Project, Sultan Early Words and Bothell Diamonds in the Rough Toastmasters clubs were all represented. Jerome Shaw and Mike Vorkapich, both from The Monroe Vocal Project, won their respective contests on Friday night.

Jerome Shaw, Sergeant at Arms, won the Table Topics contest. Jerome's witty comments on the mysteries of time, how he would unravel them and why, was well thought out and flowed smoothly.

Mike Vorkapich talked about a trip he took to the Highland Games in Enumclaw, Washington. He spoke about how bringing a lot of dogs on the trip caused chaos. His speech elicited peals of laughter, winning the speech contest.

Both of these men will move on to the Division E Contest held at 1:15pm on Saturday, October 13, 2007. The contest will be held at the Bothell Regional Library, 18215 98th Ave. NE, Bothell, Washington. Here they will compete against the winners of all the Area contests in Division E.

Quote of the month

The trouble with talking too fast is you may say something you haven't thought of yet

Ann Landers

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

This Month's Toastmaster Moment

My husband, Tom, and his boss, Bart Dalmasso, were two of the founders of Early Words Toastmasters in Sultan. They both encouraged me to join.

I already did a lot of speaking in Christian circles. I spoke at workshops, seminars, bible studies and church. I didn't think I needed Toastmasters. However, I was fearful of speaking outside the Christian community. Table Topics (getting up and speaking without preparation for 1 to 2 minutes) terrified me. I did not speak off-the-cuff easily like my husband did.

These two men pushed, entreated, encouraged and just plain wouldn't give up, so I finally joined Toastmasters. I became a member shortly after Early Words became a fully chartered club. I have not been sorry. Not only did I discover I had a lot to learn and improve on, but I overcame my fear of speaking outside of my comfort zone.

I have since spoken different times in my community as well as in other towns and venues. Now I look forward to being called on during Table Topics. It has become the funnest part of the meeting for me.

As a senior citizen, I can assure you it is never too late to become a good speaker. You can't be too young, too scared, or too good (as I thought I was). You will benefit no matter your experience. Learning new things, stretching, reaching out; these things will keep you young and healthy. I encourage everyone to try Toastmasters, you'll like it.

Dolly Green, ACS, ALS – Member of both Monroe Vocal Project and Sultan Early Words

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

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

Upcoming Events

Speech Contests

October 4, 2007 – Division C
 October 5, 2007 – Division D
 October 9, 2007 – Division F
 October 12, 2007 – Division B
 October 13, 2007 – Division A
 October 13, 2007 – Division E

Meetings

October 3, 2007
 October 10, 2007
 October 17, 2007
 October 24, 2007
 November 7, 2007
 November 14, 2007
 November 28, 2007
 December 5, 2007
 December 12, 2007
 December 19, 2007

The following meetings are canceled:
 October 31 – Halloween
 Nov 21 – Day before Thanksgiving
 Dec 26 – Day after Christmas

Other Events

Sultan and Monroe will be having a Christmas Party in December, date to be announced.

We encourage everyone to attend the Division Contest to support our members.

A Simple Way to Develop a Speech

In my teaching, I found there was no standard starting point when teaching how to do a speech. Everyone was just expected to do it.

When I taught how to prepare a speech, I used a very simple outline:

- I. Introduction – 1 paragraph
- II. Body – 3 paragraphs
- III. Conclusion – 1 paragraph

I wanted to see a definite separation between these three parts. The Introduction and Conclusion are very important. The body should consist of three distinct ideas.

If practicing the speech, take one key word from each sentence and practice giving your speech using only the keywords as reminders of the content of each idea. If you are stumped on an idea, add a couple of words as reminders. This system works well for presenting speeches.

Example of a small speech about summer time:

<i>Section</i>	<i>Idea</i>	<i>Key Words</i>
I– Introduction	Weather	Summer
II– Types	Types of weather	Warm Breeze Lazy
III – Conclusion	Results	Enjoy

Try this idea to see if it helps you prepare your speeches. This example was necessarily small but the idea can be carried on to longer speeches.

If you wish to submit your version of this speech on weather, using the information above, simply send it to:

mvorkapich@verizon.net

-or-

Monroe Vocal Project
1100 Hiatt Ct.
Sultan WA 98294

-or-

Bring it to a meeting

Mel Tossey – Member, Monroe Vocal Project

**Message from the President
Be Ready for Anything!**

This was the title of a speech that was given in our club in September. It made me think of being on the fast track, learning to be ready for anything as President of our club.

With many of our members taking vacation at the end of summer, some meetings have forced me to be “ready for anything.” I know that when the time comes to pass the baton of office to my successor, I will know how to step up to the place at a moment's notice. I am actually excited to learn this and, although painful at times, it is exciting to think about. I know that a year from now, I will be much better.

I encourage everyone to get involved with Toastmasters. Where else could you spend an evening with great people, all the while improving yourself? Self improvement is a great way to spend your time!

There are just so many areas that Toastmasters can help you improve just by getting involved. Not only will you learn to speak, but you will learn to listen. You will learn to report back what you have heard and to offer suggestions for improvement in a kind and helpful way. You will learn to encourage, to lead, to think quickly on your feet, to imagine.

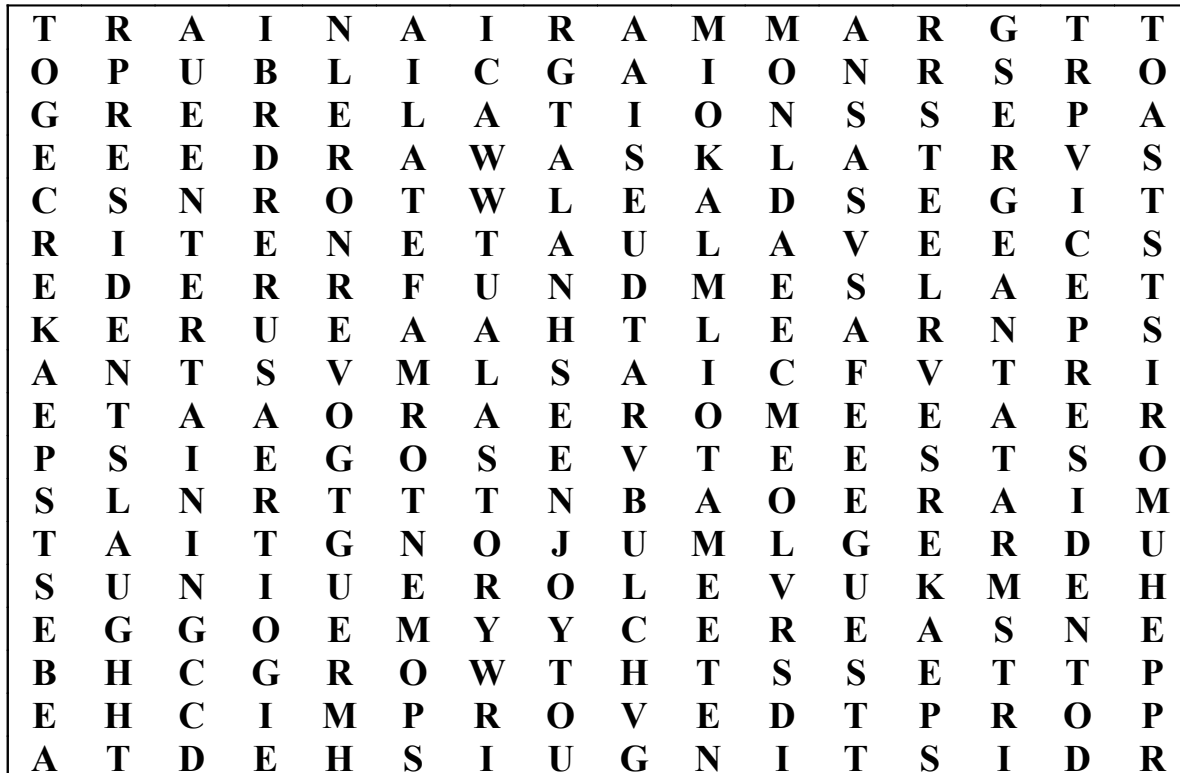
These are very valuable skills to have and to keep sharp. In business and in personal life, with your boss and your employees, your family and your children, speaking and listening skills are extremely important.

Whatever you would like to improve in yourself, just do it. You can do it at Toastmasters. Check it out, give something to yourself, learn to be ready for anything!

Adrienne Hulbert, CTM – President, Monroe Vocal Project

TOASTMASTERS!

A word search



AH COUNTER
 AWARD
 BEST SPEAKER
 CLUB
 DISTINGUISHED
 DUES
 EMCEE
 ENJOY
 ENTERTAINING
 EVALUATE
 FUN
 GENERAL EVALUATOR
 GOVERNOR
 GRAMMARIAN

GROWTH
 GUEST
 HUMORIST
 IMPROVED
 LEADS
 LAUGH
 LEARN
 MANUALS
 MEET
 MENTOR
 MOST
 PRESIDENTS
 PROP
 PUBLIC

RELATIONS
 SAFE
 SELECT
 SERGEANT AT ARMS
 SPEAKERS
 STORY
 TALK
 TIMER
 TOASTS
 TOASTMASTER
 TRAIN
 TREASURER
 VICE PRESIDENT
 VOCAL

Find the words in the puzzle. Words may read up, down, forward, backward or diagonally. Circle the letters in each word. – DO NOT circle the word. When you are finished, the remaining letters will spell out a phrase.

Robin Shaw 9/07