



Monroe Vocal Project News letter

Toastmas ters International C lub # 798479

Volume 4, April 2008

Upcoming Events

District 2 Spring Conference

Saturday May 10, 2008
Shoreline Conference Center
18560 1st Ave NE
Shoreline WA 98155

\$139 for conference until May 3rd
\$149 after May 3rd

Attend a portion of the conference for a portion of the price. See www.d2tm.org for more information

Officer Elections

The month of May will see Officer Elections held. New officers take over their roles by July 1st. Typically the month of June is used for a transition period.

Regular Meetings in the local area

Monroe Vocal Project
Every Wednesday 7:30pm – 9:00pm
Alfy's Restaurant, Monroe

Early Words Toastmasters
Every Thursday 7:30am – 9:00 am
Sultan Community Center

Quote of the month

When people talk, listen completely.
Most people never listen.

Ernest Hemingway

The Monroe Vocal Project Details:

Club # 798479
Area: 55
Division: E
District: 2
Region: 1

This month's Toastmaster Moment

Being a part of Toastmasters has helped me with much more than just my public speaking ability. In addition, I'm gaining contacts and connections as well as improving my writing abilities and increasing my overall self-belief.

The ongoing results of these personal benefits are a direct benefit to my business as well. Being more self-assured in my speaking ability helps me to promote my business to prospective clients. I also accept or create opportunities I may have passed up prior to joining Toastmasters. The improvement in my abilities and self-belief about writing allows me to use my artistic abilities to create effective marketing materials for prospective, new and existing clients.

The confidence that Toastmasters gives me allows me to use my best talents and overcome doubts we all have

Donna Wolf Taylor L.M.P.
Owner, Timber Wolf Massage

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

Message from a new member

Thank you, fellow Toastmasters, for your support of my office's Open House in March. Even without much advanced notice, the Monroe Vocal Project group came through in support of one of their own by representing themselves at the event. It was a great feeling to see that, not only do our members support each other within our own Toastmaster meetings, but the support for our members is also there outside of Toastmaster meetings

Kudos to the Monroe Vocal Project!!

Jeff Rasmussen

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

Sultan

Early Words Toastmasters
Every Thursday, 7:30 am
Sultan Community Center
319 Main St., Sultan
(360) 799-1222

Monroe

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

Club Officer Elections

Want to do something to help your Toastmasters club this year? Become a club officer. No experience is required, all the training is provided for free. You will be helping yourself while you help your club. You can gain invaluable leadership skills and learn more about how Toastmasters functions.

Elections are coming up soon for the next year. All the leadership roles are available to you. They are all explained in your Competent Communicator manual and on-line at www.toastmasters.org

Officer positions available:

- + President
- + Vice President Membership
- + Vice President Public Relations
- + Vice President Education
- + Secretary
- + Treasurer
- + Sergeant At Arms

Member wins Area Contest

Lory Tossey, Treasurer for The Monroe Vocal Project, won our local club Evaluation Contest. This led her on to the Area Contest where she won again. Lory did not win at the Division level but says it was a great experience.

On a related note, Adrienne Hulbert, Club President took second place in the Area Speech Contest. While initially reluctant, Adrienne found herself energized by the contest. Her speech was not the one presented at the club level but was better delivered.

Mentor Program

For all our club members, especially new members, you can request a mentor. This is someone that can help you and encourage you in all aspects of Toastmasters. If you have questions, this is someone you can turn to. You can ask your mentor to take a look at your speech or even listen to it before you present it to the club. When you take on a meeting role for the first time, you can discuss it with your mentor before and after.

To request a mentor, simply talk with Mildred Gartin, Vice President of Membership, at any club meeting.

We are always looking for people to be mentors so volunteer your time and help a new member!

Message from the Vice President of Membership

There are many ways to learn and become comfortable with Public Speaking. Toastmasters is by far the best value for your money.

In the Monroe area both Everett Community College and Sky Valley Community Schools offer public speaking classes.

Everett Community College offers two 2 hour classes a week for 20 weeks. The cost is \$371.50 and you would earn 5 college credits for completing and passing the class.

Sky Valley Community Schools offer a 2 day, 2 hour per day class which costs \$25.00

Toastmaster dues are \$35.00 for six months. Meetings last about an hour and a half each week.

Obviously there is a big difference in the costs involved and the time spent. I have found that in order to stay comfortable with public speaking, it is important you continue to practice. Toastmasters gives you an opportunity to speak on a regular basis for as long as you choose to maintain your membership. With Everett Community College and Sky Valley, the classes end and, unless you are in a position where you continue to use your speaking skills on a regular basis, those skills diminish over time.

Becoming comfortable with public speaking can benefit you in any business situation. As important as college credits can be, maybe in this era of economic downturn, Everett Community College is just not affordable. Toastmasters offers you a golden opportunity. Please come join our group. You'll not regret it!

Toastmaster Moments

Do you have an experience that you would like to share with others? How has Toastmasters improved your life, your job or your speaking abilities? We would love to hear your story.

Article Submissions

If you would like to submit an article for the next edition of the newsletter, please email it to mvorkapich@verizon.net or deliver it to the Monroe Vocal Project. Submissions for the next newsletter are due no later than June 30th, 2008. We would love to have your stories, comments, lessons, instructions, and even word searches. The only requirement is they be related to Toastmasters.

Everyone is welcome to submit an article. Articles may be subject to editing for content, grammar, length or any other reason I can think of that may make me want to edit the article.

Distinguished Club Program

The Monroe Vocal Project is on its way to becoming a Distinguished Club. Most of the requirements for this are close to being met. Several members need to either complete one speech or turn in the books for speeches they have completed.

Status as of this newsletter:

Competent Communicators	need 2	have 0
More Competent Communicators	need 2	have 0
Advanced Communicators	need 1	have 0
More Advanced Communicators	need 1	have 0
Competent Leader, Advanced Leader or Distinguished Toastmasters	need 1	have 0
Additional Leaders	need 1	have 0
New Members	need 4	have 4
Additional New Members	need 4	have 4
Officers Trained (need 4 in each ½ year period)	need 4	have 3
Reports submitted on time	need 1	have 0

All that is needed is for people to turn in their completed books and the club should achieve this goal. We only need to meet five of these criteria for Distinguished Club status.

Focus on...The Role of Timer

Why are speeches timed? What is important about this? What should you do as Timer?

We time speeches to help speakers plan their speeches to fit within a limited time frame. Many times in life, we are given deadlines and time limits. Toastmasters helps us prepare and handle these time limits.

It is important to structure speeches to fit within a limited amount of time. Rambling speeches or speeches that are too short can cause meetings to run over time or finish early. Often the same message can be given in 5-7 minutes as could be given in a 30 minute speech.

As timer:

Prepare ahead of time by knowing how long each speech will be

Explain your duties thoroughly to the group at the beginning of the meeting

Signal each participant when they have reached their allotted time minimum, median and maximum

When called, stand and report the times allotted and the actual times of the participants.

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*

Focus on...Leadership

Toastmasters International defines leadership as "the art of persuading others to do what you wish." To achieve this ability, Toastmasters puts members in a variety of roles within the club. Everything from Evaluation to Speeches to running the meeting as Toastmaster helps with Leadership.

A few examples:

As Evaluator, you get to give your opinion of a member's speech. Everyone listens to what you have to say. Typically, the member will go away with some good ideas for improving their speech and their abilities. Right here you have caused another member to take some of your ideas and use them in the future.

As Toastmaster, you are in charge of the meeting. Everything from the agenda to the room arrangement is under your direction.

The wider the variety of roles you take on the more your Leadership skills will expand.