



Monroe Vocal Project club #798479 Volume 5, August 2008
Early Words club #9644
News letter
 Toastmasters International

Upcoming Events

Humorous Speech/Table Topics Contests

MVP – September 17th
 Area 55 – October 11th
 District 2 – To Be Announced

Picnic

All Toastmasters in the Monroe Vocal Project and Early Words clubs are invited to a picnic at Tom and Dolly Green's house on August 11, 2008

Regular Meetings in the local area

Monroe Vocal Project
 Every Wednesday 7:30pm – 9:00pm
 Alf's Restaurant, Monroe
 Early Words Toastmasters
 Every Thursday 7:30am – 9:00 am
 Sultan Community Center

This month's Toastmaster Moment

Hello, my name is Donna Wolf-King and I'm the new President of Monroe Vocal Project. I've been a member of Toastmasters since October 2007 and since then my perspective has changed an amazing amount. In some ways these changes are truly a marvel and in some a real nuisance.

When I first joined, I couldn't even make it through a table topic without crying and leaving the room. I felt like a giant loaf of bread had been lodged in my throat and was suffocating me. But, would you believe, just a couple of weeks ago, I was the Master of Ceremonies for the Annual Sultan Summer Shindig Blues Concert? Quite a feat for me. If you had told me a year ago that I would be doing it, I would never have believed you. What made it even more special was that my all-time favorite blues artist (Polly O'Keary) was one of the artists performing.

It hasn't been without it's challenges though; listening to speeches by others in the outer world has become a maddening experience. I used to really enjoy listening to seminars or taking classes where the instructor would stand up there and educate me on a subject. Now I have this impulsive need to count the ahs and all those ums, the "so-so"s and long awkward pauses, the nervous twitches and unnecessary pacing.

Has it been worth it? Of course. Would I do it all again or invite a friend to accompany me to a meeting? Of course, wouldn't you? Or better yet, have you?

Donna Wolf-King - Monroe Vocal Project, Monroe WA

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

Quotable Quotes

Words, once they are printed, have a life of their own

Carol Burnett

Learning is not attained by chance; it must be sought for with ardor and attended to with diligence

Abigail Adams

**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
 Alf's Pizza
 Hwy 2, Monroe
 (360) 793-2905

Area 55, Division E, District 2, Region 1

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.

Quotable Quotes

You can't wait for inspiration. You have to go after it with a club

Jack London

Speech is power; speech is to persuade, to convert, to compel

Ralph Waldo Emerson

How to Become a Better Communicator

I recently received a brochure for a SkillPath seminar. The cost of this one day seminar is \$149. It states the four lifelong benefits you will gain are:

1. Practical, proven techniques for communicating effectively with all types of people.
2. Improve your prospects for career and financial success.
3. Sharpen your leadership skills.
4. Project a more confident, more polished and more professional image.

Compare this with Toastmasters. For a one time cost of \$24 and dues of around \$66 per year you get weekly opportunities for learning all the above skills. Here is how Toastmasters provides this training:

1. Your first manual of 10 speeches teaches various aspects of effective communication.
2. At the completion of each of the various awards, you can have a letter sent to your employer regarding this accomplishment.
3. You will work through a leadership manual which give you opportunities to practice various leadership experiences on a weekly basis.
4. Through the consistent practice of these skills each week you will gain confidence, composure, and competence.

Besides all of these advantages, you will develop supportive caring friendships while having fun doing it. And it costs a lot less. Aren't you glad you are a Toastmaster? If you aren't, now is the time to join. You have two choices in the Skykomish Valley; Monroe Vocal Project in Monroe and Early Words in Sultan.

Dolly Green – Early Words Toastmasters, Sultan WA & Monroe Vocal Project, Monroe WA

Club Awards

Monroe Vocal Project received two major awards this year:

May 10, 2008 – 10 for 10 award from District 2
This is given to clubs for getting 10 new members in the first 10 months of the Toastmaster year (July 1 to June 30)

June 30, 2008 – Distinguished Club Award
Toastmasters International give this award to clubs that have completed five of ten possible accomplishments within the Toastmaster year.



District 2 Ten for Ten award

Individual Awards/Education

We would like to congratulate all the Toastmasters that achieved a level of education in the 2007/2008 year.

Member	Club	Education/Award Level
Marianne Nasland	Early Words	Competent Communicator
Deborah Knight	Early Words	Competent Communicator
Jeff Cofer	Early Words	Competent Communicator
Connie Dunn	Early Words	Advanced Communicator Bronze
Carolyn Eslick	Early Words	Advanced Communicator Bronze
Michael Vorkapich	Monroe Vocal Project	Advanced Communicator Bronze
Jerome Shaw	Monroe Vocal Project	Advanced Communicator Bronze
Susan St. Laurent	Monroe Vocal Project	Competent Communicator

If anyone else in either club has achieved an education level during the past year, I apologize for not including it here. Please let me know and I will put it in the next newsletter.

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

Distinguished Club Program

Don't forget about the Distinguished Club Program. It's never too early to plan for the coming year.

Club goals:

	Need	MVP	EW
Competent Communicators	2	0	0
More Competent Communicators	2	0	0
Advanced Communicators	1	0	0
More Advanced Communicators	1	0	0
Competent Leader, Advanced Leader or Distinguished Toastmasters	1	0	0
Additional Leaders	1	0	0
New Members	4	0	1
Additional New Members	4	0	0
Officers Trained (need 4 in each ½ year period)	4	5	5
Reports submitted on time			
October/April Renewal	1	0	0
Officer List	1	1	1

Quotable Quotes

According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy

Jerry Seinfeld

A person's character is revealed by their speech

Greek Proverb

Focus on...The Role of Grammarian

Each week we introduce a word that must be used during a meeting. Why are we doing this? What's wrong with all the words we already know?

Expanding our vocabulary is a very important part of Toastmasters. Finding just the right word to get your meaning across can make the difference between an adequate and a spectacular speech.

A thorough knowledge of the English language can help you structure your sentences in an easily understandable way.

As Grammarian:

Prepare ahead of time by selecting a word that can be easily incorporated into everyday conversation. It should be a word that is easy to say and understand but that is less commonly used. Try not to make the word too difficult to pronounce.

At the meeting, ensure the word and definition are placed in a location where all members can see it. When called upon, define the word and use it in a sentence.

During the meeting record the usage of the word and whether it was a correct usage.

During the evaluation portion of the meeting, report on the usage of the word.

Focus on...Sergeant at Arms

The Sergeant at Arms plays a very important role in each and every Toastmasters meeting. This is the person that ensures the room is set up properly before each meeting. He or she arrives early and makes sure everything is arranged properly.

The Sergeant at Arms is responsible for equipment maintenance on such items as the Timing Lights and stopwatch.

Before each meeting, the Sergeant at Arms passes out ballots, all the forms used by the various members during the meeting, place cards and more.

This officer greets all guests at the door and presents the best Toastmasters has to offer, making all guests feel welcome.

Most importantly, the Sergeant at Arms starts off each meeting with either a flag salute or the Toastmaster Promise.

Speak With Power

Though a public speaker will find many attributes beneficial, one of the most helpful is ENERGY. Science describes energy as the capability to do work. And the "work" is the effect of force which acts on an object to cause a change either in structure or position. And finally "Power" is the amount of force used, which can be measured by the degree of change.

A proper measure of energy, or force, used in public speaking can have a great effect on your audience, encouraging them to carefully consider facts or ideas, imparting a portion of the energy or energizing them to follow a certain path to completion. Or just to bring them into a story and truly experience it as if at first hand.

Energy comes in many colors and hues, ranging from a soft sigh to a shout. It can be defined as passion, zeal or even "fire in the belly". The proper amount can help an almost unimportant message to become memorable, but even the most powerful message can be lost if delivered without the correct amount of energy. One thing to be careful of is not to singe your audience with an overabundance of energy.

Fire your purpose with passion, fuel your speeches with energy. Prepare, practice and present. The result will be enormous when you speak with power.

Donna Wolf-King – Monroe Vocal Project, Monroe WA

Toastmaster Meetings – with a theme!

On July 23rd, 2008 Mike Vorkapich of Monroe Vocal Project attended the normal meeting.... wearing a kilt. They were having Scottish night which included home made shortbread, photos of Scotland and yes, even bagpipes (only for a short while).

Why did they do this? To keep the meetings interesting. It is a lot of fun to have a theme. It doesn't need to be extravagant or expensive. It doesn't need a lot of preparation.

A simple theme Monroe Vocal Project had recently was "How does your garden grow?". Speeches and Table Topics related to gardening. Donna Wolf-King gave a humorous speech about an experience on a farm as a child watching someone try to rototill a field.

When it is your turn to be Toastmaster, add a simple theme to your meeting. If you want to be more elaborate, add stickers or digital pictures on your agenda. Wear clothes that fit in with the theme. Encourage your speakers, Table Topics and the rest of the members to participate in the theme.

Message from the President

Fellow Toastmasters, the race has begun! Where will your club place on June 30, 2009? Clubs of Area 55, now is the time to set your goals to end the year as Distinguished, Select and President's Distinguished Clubs. The Distinguished Club Program (DCP) is your track to success. To be eligible in the DCP your club must have had a net increase of five members or a membership base of at least twenty members at the end of the previous program year (June 30, 2008). At this year's end, World Headquarters will calculate the number of goals achieved. Recognition is earned as follows:

Achieve five of ten goals – Distinguished Club

Achieve seven of ten goals – Select Distinguished Club

Achieve nine of ten goals – President's Distinguished Club

If your club earns this recognition, World Headquarters will send your club an attractive ribbon for display on the club banner and a congratulatory letter.

Completing what I believe are the two easiest goals (goal #9 and #10) will help to ensure your club achieves Distinguished Club Status. Goal #9 is having a minimum of four club officers trained during each of the two training periods. Please contact your Area Governor if your club has not yet had at least four officers trained.

Goal #10 is to have the membership roster dues renewal report and the club officer list submitted on time. Your club's officer list is due June 30, 2009. Your membership dues are due October 1, 2008. Begin collecting dues in September.

While thinking about goals for the year, don't forget to set your own personal goals. Will you complete your Competent Communicator? Will you complete the Advanced Communicator Bronze, Silver or Gold? Will you complete your Competent Leader, Advanced Leader Bronze or Silver? Or maybe you are ready to become a Distinguished Toastmaster? Contact your Vice President of Education to find out what you need to do to achieve the next level. Remember, each goal you achieve helps the club achieve their goals.

Donna Wolf-King – Monroe Vocal Project, Monroe WA

Meet the Club Officers

Just one month ago, both Early Words and Monroe Vocal Project changed their slate of club officers. For those that don't know who your club's officers are, we have decided to publish the list for you. Feel free to contact any of the officers if you have any questions about Toastmasters.

	Monroe Vocal Project	Early Words
President	Donna Wolf-King	Donna Murphy
Vice President Education	Susan St. Laurent	Robin Shaw
Vice President Public Relations	Robin Shaw	Dolly Green
Vice President Membership	Mildred Gartin	Connie Dunn
Secretary	Mike Vorkapich	Pat Wiediger
Treasurer	Jerome Shaw	Marianne Naslund
Sergeant at Arms	Tom Green	Carolyn Eslick

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!