



MONROE VOCAL PROJECT NEWSLETTER

TOASTMASTERS INTERNATIONAL CLUB # 798479 VOLUME 3, JANUARY 2008

Member Spotlight

Cindi Vorkapich



Cindi joined Toastmasters at the same time as her husband. "I just like spending time with him and since Toastmasters is open to everyone, I thought I would attend. Besides, it's a great way to meet some wonderful people."

Cindi has been a member from the beginning of Monroe Vocal Project. The club needed just one more member to charter and Cindi ended up being that member. "I didn't really want to join Toastmasters. But since I have joined, I have really enjoyed the experience. The speeches are wonderful and the people are great."

Cindi works for Homewatch Caregivers of Bellevue, Washington. She works as a part time, fill-in Nanny for upper class families. She travels quite a bit around King and Snohomish Counties, going wherever the job takes her.

Cindi plans to remain in Toastmasters as long as her husband does. She has accomplished two of her initial ten speeches. With encouragement, she just may give her third. "I still have a huge fear of public speaking. One of the nice things about Toastmasters is that I can advance at my own pace and don't have to worry about huge pressure from the group."

Note from the Governor

Happy New Year!

Have you made any New Year's Resolutions this year? What are they? Did you resolve to lose a few pounds? Visit relatives more? Learn to play the piano? I have personally made each of these resolutions in the past and have usually only managed minimal success.

Why? Mostly I think it was because my resolutions were things I couldn't always control myself (i.e. visiting relatives), things I felt I should do, or something I thought would be a good idea, but I wasn't really committed to. This year's resolution, I am glad to say, will be different. How can I be so sure? This year my resolution, or "personal goal", is something I can control, something I should do, and something I AM committed to – Toastmasters!

I have set a goal this year to achieve a Triple Crown (earning at least 3 advancements in one year); I will continue to work with the presidents and officers of each club as the Area 55 Governor for the continued growth and success of their clubs; I will attend Toastmaster Leadership Institutes and other training to take advantage of the opportunities I have to personally learn and grow, and I will share Toastmasters with others so they can discover its value in their own lives.

This sounds like a lot, but because I have made resolutions I am committed to, they have not been difficult to maintain. It has even been FUN!

What are your resolutions for the year? What are your Toastmaster goals? Don't settle for minimal success this time. Make a commitment and go for it!

Happy New Year and blessings for a fabulous 2008!

Robin Shaw, ACS, CL
Area 55 Governor

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

Many members arrive early to share pizza and chat. Please come join us!

Quote of the month

Whenever you are asked if you can do a job, tell 'em, "Certainly I can!", then get busy and find out how to do it.

Thoedore Roosevelt

In Memory of Genevieve Jelinek

Genevieve Jelinek came to Early Words Toastmasters (In Sultan) after considerable entreaty by various members of the club. She, like so many that come, was afraid of speaking in public and wanted to overcome her fears.

Genevieve attended a few meetings before deciding to deliver her Ice Breaker speech. In the mean time, Early Words and Monroe Vocal Project were planning to host an Open House in Monroe that would simulate a regular meeting of Toastmasters. The public was to be invited to check out what Toastmasters was all about. Genevieve was asked if she would give her Ice Breaker at this meeting as we desired to showcase a beginner's speech and a more advanced member's speech. She agreed and did a great job! It was much better than the average Ice Breaker speech.

Genevieve continued to give speeches and participate in the different roles Toastmaster meetings afford, and she grew in confidence and ability. Shortly before her death on Highway Two this past year, she spoke at Early Words, telling us how she had participated in a Documentary about weight reduction surgery, extolling the process and how it changed her life. She was reiterating how Toastmasters had made it possible for her to be able to do this Documentary. She would have been too afraid before.

Early Words Toastmasters miss her smiling face on Thursday mornings. We will be placing a tree by the welcome sign entering Sultan in memory of Genevieve. We will also be honoring her at the Annual Awards Banquet in February with a special presentation by Donna Murphy and presenting a new award, "The Genevieve". It will be given to the Toastmaster who best exhibits Genevieve's spirit of inspiration and encouragement.

Genevieve would urge everyone to join a Toastmaster group to overcome their shyness and be able to inspire others through their speaking.

Dolly Green and Robin Shaw
Early Words Toastmasters
Sultan, Washington

Toastmaster Week

The week of February 11th through the 15th, 2008 is Officially "Toastmaster Week." This is a week where Toastmasters work very hard at promoting their club and Toastmasters International.

We should all think about what we can be doing to promote our club during this week. District 2 has several suggestions:

Plan an Open House or Speechcraft event
Team up with another club for a special program
Put an announcement in the local paper
Contact past guests and encourage them to revisit the club
Visit neighboring Toastmasters clubs

This is a time when we need to work toward educating the public about our club. If everyone gives just a little time, we can have a successful Toastmaster Week.

Upcoming Events

Toastmasters Week

February 11 – 15, 2008

Officer Training

January 28, 2008 (Monday) "Bare Bones" training
6:30 pm – 9:00 pm
University Christian Church
4731 15th NE, Seattle

Speech Contests (Speech and Evaluation)

Area 43 – March 7, 2008 – 5:45pm
Area 33/34 – March 11, 2008
Area 32 – March 14, 2008
Area 41 – March 14, 2008 – 5:45pm
Area 45 – March 21, 2008 – 5:45pm
Area 36 – March 26, 2008
Area 42/44 – March 28, 2008 – 5:45pm
Division C – April 3, 2008

Meetings (7:30pm, Alf's in Monroe)

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

Early Words Toastmasters
Every Thursday 7:30am – 9:00 am
Location To Be Announced

Other Events

District 2 Spring Conference
May 10, 2008
Conference Center, Shoreline WA
Theme is "Casino Royale"

President's Breakfast
February 2, 2008
9:00 am – 11:00 am
REI Campus, Kent WA

Speak-a-thon
January 22, 2008
6:45 pm – 8:30pm
Pemco Bldg, Seattle

Sunuppers Famous Speakers Meeting
February 9, 2008
8:00 am
Wesley Homes Admin Bldg, Des Moines

Can Toastmasters Help You?

The aim of Toastmasters is to help people speak more effectively, not only in their professional but also personal lives.

When asked, more people list public speaking as their greatest fear. It's listed over insects, bugs, snakes, fears of heights or deep water, even above death!

At a Toastmaster meeting you meet a group of people who sincerely want you to succeed and as a group work toward that end. You have an opportunity to practice business presentations, speak on topics close to your heart, share information, or do demonstrations. You choose your topic.

Every speech at a Toastmaster meeting is evaluated. Each speech has its highlights, as well as areas which could be improved. The evaluations are designed to build your confidence and are presented in a very supportive manner.

At Toastmasters you learn the art of careful listening which benefits you personally and professionally. . . Good listeners are few and far between but you will find them at Toastmaster meetings.

In 2007 Bill Gates and Warren Buffett met with a group of University of Washington students. The students were free to ask any question. Warren Buffett was asked by one student what he could do to move ahead more quickly in his profession. Without hesitation, Buffett said ". . . become comfortable with public speaking." In this economy, public speaking experience could add greatly to your resume.

Can Toastmasters help you? The answer is a resounding YES!

Mildred Gartin

Christmas Party

My hat goes off to Jerome Shaw, Susan St. Laurent, Marianne Naslund and Jim Cowardin for the great job they did planning the joint Christmas party for Sultan Early Words and Monroe Vocal Project Toastmaster clubs.

I am a charter member of both clubs and in my humble opinion, this was one of the best Christmas parties held by the clubs so far. A fun time was had by all. The gift exchange was a success and to top that off, at the end of the evening everyone looked under their chair to find a number and "lo and behold" there was another present for each person.

The party this year was a potluck and the variety of food was indescribable. Nobody left hungry thanks to all the great cooks.

You would never have guessed that this was Marianne's first time filling the role of Toastmaster. She did a great job. Jerome as our auctioneer squeezed out every last cent as we all bid on the beautiful Christmas wreaths which were made and donated by Robin Shaw, Susan St. Laurent and Jim Cowardin. The proceeds were divided between the two clubs.

The entertainment included a beautiful presentation of Christmas Eve on the battlefield in World War 2 by Elaine Reed with Robin Shaw singing Silent Night in the background. The comedy relief was a hilarious roast of Tom Green by Jerome, Robin and Jim.

The room was beautifully decorated by April for the occasion. A special thanks to those who made this party the success it was. Toastmasters are the best!

Tom Green
Monroe Vocal Project

Talk up Toastmasters

Toastmasters International is holding it's annual "Talk Up Toastmasters" membership building contest. This is the time of year when clubs try to bring in as many new members as possible.

Every club that adds five new, dual or reinstated members between February 1st, 2008 and March 31st, 2008 will receive a special ribbon to display on the club's banner. The club will also earn a choice of one module from "The Better Speaker Series", "The Successful Club Series" or "The Leadership Excellence Series"

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 April 28th, 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.

Competent Leadership

A word search

P	I	P	I	M	P	L	E	M	E	N	T	O	T	F	S	T	N
R	N	I	T	H	I	N	K	I	N	G	C	O	T	E	S	I	O
O	S	G	M	V	H	R	S	E	O	R	C	R	L	E	A	E	I
J	P	N	O	A	S	A	A	O	I	O	D	G	B	D	S	M	T
E	I	I	T	K	R	E	D	T	M	E	R	A	S	B	E	H	A
C	R	D	I	R	E	L	I	P	G	N	I	N	N	A	L	P	T
T	E	L	V	O	D	C	E	S	A	E	D	I	I	C	O	T	I
S	L	I	A	W	A	T	C	L	U	B	P	Z	I	K	R	R	L
S	P	U	T	L	E	S	P	E	T	A	G	E	L	E	D	U	I
O	O	B	E	N	L	I	S	T	E	N	I	N	G	W	E	S	C
R	E	F	T	I	M	E	M	A	N	A	G	E	M	E	N	T	A
A	P	N	O	I	T	A	C	I	N	U	M	M	O	C	U	L	F

ASK
BEST
BUILDING
COMMUNICATION
COMPETENT
CLUB
CRITICAL
DELEGATE
FACILITATION
FEEDBACK

GOOD
IDEAS
IMPLEMENT
INSPIRE
LEADERSHIP
LEARN
LISTENING
MOTIVATE
ORGANIZE
PEOPLE

PLANNING
PROJECTS
ROLES
SKILLS
TEAM
THINKING
TIME MANAGEMENT
TRUST
WORK

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 12/07

“You won’t learn leadership skills simply by reading about them. You’ll learn by serving in positions where you can practice them. Actively participate in your club, and you will become a purposeful and confident leader.”

Toastmasters International Competent Leadership manual