

NOTABLE



Notable Northgaters #6949, District 2, Area 23-B

5:30-6:45 p.m. Wednesdays at Olympic View Church, 425 N.E. 95th St., Seattle, WA

August 15, 2000

NORTHGATER

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What Is the Distinguished Club Program?

A Word from our President

RAY ROMAN

Most of us probably joined Toastmasters to become better speakers. The Club's purpose is to help members progress toward their speaking goals:

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.¹

When the Club provides enough speaking opportunities for members, members receive helpful speech evaluations, and there are enough members to conduct the program, members can achieve their speaking goals.

The Distinguished Club Program (DCP) helps our Club realize its mission by focusing on two areas:

- **Educational awards.** The educational awards we earn indicate our Club's success in helping its members develop their speaking and leadership skills. Awards the DCP fosters include Competent Toastmaster (CTM), Advanced Toastmaster Bronze (ATM-B), Advanced Toastmaster Silver (ATM-S), Advanced Toastmaster Gold (ATM-G), Competent Leader (CL), Advanced Leader (AL) and Distinguished Toastmaster (DTM)².
- **Membership.** Toastmasters International (TI) has found that in order for a Club to duly carry out its educational program, a critical mass of 20 members is needed. Membership turnover is inevitable as members move, change jobs or have other challenges that take them away from the Club. At a recent officer training session, we learned that the average member completes 6 speeches (quitting before earning the CTM award), and that the average length of membership in District 2 is only 18 months. Moreover, as for our own Club, a recent check found that of the 23 Notable Northgaters we had in May of 1998, only 7 remain. Of the 23 on our roster today, how many will remain in the summer of 2002? A Club needs to continually strive to recruit new members to combat this natural turnover, build its leadership base and bring in new ideas and personalities.

The DCP monitors and measures our Club's achievements in these two key areas.

Guests are always welcome!

Come visit us any Wednesday from 5:30 to 6:45 p.m. at Olympic View Community Church, 425 N.E. 95th St., Seattle. For more info call Theresa at (206) 783-4650.

Visit us online at
<http://users1.50megs.com/notablen>

Mechanics of the DCP

Running on an annual basis from July 1 through June 30, the DCP consists of 10 goals all Toastmasters Clubs should strive to achieve during this time using the Club Success Plan (see page 4 of this newsletter for a look at our CSP). TI tracks the progress of our Club throughout the year, sending the president periodic progress reports (updates will be on the Club Website <http://users1.50megs.com/notablen>, and in every issue of the newsletter). At year-end, TI calculates the number of goals we have achieved and recognizes us as a Distinguished Club, Select Distinguished Club or President's Distinguished Club based on the number of goals achieved and the number of members we have.

Goals to Achieve

Following are the goals Notable Northgaters should strive to achieve during the year:

1. Two CTMs
2. Two more CTMs
3. One ATM-B, ATM-S or ATM-G
4. One more ATM-B, ATM-S or ATM-G
5. One CL, AL or DTM
6. One more CL, AL or DTM
7. Four new members
8. Four more new members
9. Minimum of four Club officers trained during each of two training periods
10. One semiannual membership report and one Club officer list submitted on time.

In addition, we must meet a membership requirement. At year-end (June 30) we must have:

- at least 20 members OR
- a net growth of at least five new members.

Recognition

Clubs that meet the membership requirement and do the following are eligible for TI recognition at year-end:

Recognition Earned	
Achieve five of 10 goals	Distinguished Club
Achieve seven of 10 goals	Select Distinguished Club
Achieve nine of 10 goals	President's Distinguished Club

I and the other Club officers think Notable Northgaters can achieve the designation of President's Distinguished Club and ask your help in achieving this goal. We have agreed to pursue this designation because we believe that achieving this goal as a Club is a useful means to help our members achieve their individual aspirations. We also believe it will be great fun to tackle this challenge and celebrate our achievements as we accomplish our goals this year!

Please see me if you have questions about the DCP.

¹ Communication and Leadership Program, p. 2

² Detailed information on these awards can be found on pp. 64-65 of the Communication and Leadership Program

Tips from Theresa

Our Vice President Membership
THERESA COLLIER

Membership Building

Sometimes the people we invite to meetings may respond, "I don't have time to join Toastmasters." I recommend emphasizing to them that our invitation is finite – in other words, we're asking the prospective guest to attend one meeting. We're not asking for a lifetime commitment. Once the guest attends, he or she may see that Toastmasters has a lot to offer, and joining can be beneficial to him or her.

I also suggest posting Toastmasters flyers (available from Gabriela, thanks to Karen) around the community. This can be done in the course of the day without inconvenience. Flyers can be posted on bulletin boards, at libraries, coffee shops, colleges, churches, retirement centers, grocery stores, restaurants, recreational centers, doctors' or dentists' offices, movie theaters, Fred Meyer stores, banks, post offices, bookstores, beauty salons, Northgate Mall, condo or apartment bulletin boards, or anywhere else that people might look. Our flyers invite people to attend our meetings, and direct them to our Website or to call our contact people (Ray and me) for more information.

And finally, I recommend mentioning Toastmasters to at least one person a day. We encounter many people every day, and we often have opportunities to mention Toastmasters and our Club. If you can't do one a day, then try it every time you have the opportunity. Sheila, our Immediate Past President, has recommended a "three-foot rule," which states that we mention Toastmasters to anyone who comes within three feet of us. This is something we can all do, and it helps our Club, and helps each one of us to improve our communication skills.

(Some of this material has been adapted from The Toastmaster magazine, Sep. 1996 issue, page 13, ©1996 by Toastmasters International, Inc.)

Bold New Ideas Imparted to Club Officers!

"I couldn't believe what I was hearing!" said one stunned participant. "This is tabloid journalism at its worst!" said another.

District-Wide Officers Training
Held on Sat., 7/22/2000, 9 a.m.-Noon

NORTH SEATTLE COMMUNITY COLLEGE – Four officers from our Club attended training on a cloudy Saturday

morning. The top officers in the District were all present, and the District Governor Jerry Weltner gave a rousing pep talk. Everyone met together for the first two hours, and then we broke into separate sessions for the different types of officers. Here are some of the new ideas our Club officers learned from the training.



President, Ray Roman: I liked

Jerry's rousing motivational talk on the Success Program. He is always energetic and inspiring.

I thought that the training in the breakout sessions offered the most, where other Club presidents offered their suggestions for solutions to various Club issues. I learned some tips for helping the Educational VP get meeting role commitments from members.

We also learned that guests are favorably impressed by module speeches from the Successful Club Series. It seemed counterintuitive, but makes sense because it fills a guest in on the process rather than just dazzling them with performances by seemingly professional people whom they feel they cannot emulate (some guests have said things like "I could never do that" in response to our meetings).

Vice President Education, Fred

Coutts: I think officers training was worthwhile. You're bound to pick up something that will help you, plus you get to meet other Club members. I would go again. As the VP Education, one of my goals is to ensure that each member performs every role periodically and I'm the one who is keeping the list of when and who performed roles.

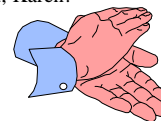
Vice President Membership,

Theresa Collier: Having been to officer training in the past, I found the beginning segment to be a review of what I already knew. But I did like the break-away session. I liked the idea of making copies of the first manual speech assignment (the ice breaker) to put in the guest packet.

Vice President Public Relations,

Gabriela Remow: The most exciting thing I heard was from the District Governor. He said if we're not having fun at our meetings, then we're not doing our meetings right! He also urged us to party and celebrate throughout the year as we achieve the goals of our Club Success Plan. He said when we reach the status of President's Distinguished Club (9 of the 10 goals) to invite him to our party, and he'll come. He exuded so much fun and energy as he spoke, that my eyes were opened to a new way of doing public speaking that I haven't seen before in Toastmasters.

Special thanks to **Karen Weber-Millstein**, mainstay of the Public Relations Committee. She has provided invaluable assistance in editing this newsletter and other PR projects. She printed this newsletter for us, courtesy of her employer, Van Waters & Rogers! Thank you, Karen!



Educational Award!

Mary Ann Schroeder is our Club's most recent recipient of an educational award. She received her ATM-B award after her last speech (in late May). After earning her CTM by completing the basic manual, Mary Ann chose the Storytelling manual and the Professional Salesperson manual to do next. She learned the most from her final speech, which came from the Professional Salesperson



manual. That speech required three speakers (who were Mary Ann, Sheila and Theresa). Mary Ann learned a lot about coordination between the speakers, and about organizing herself and her speech. She says her next speech will be

more organized than any speech she's done before.

It is important to continue beyond the CTM award, Mary Ann says, in order to gain continued exposure to public speaking. This allows more time to internalize and to reinforce what was learned while earning the CTM (such as use of hands, eyes, and voice). There is opportunity to practice those basic skills in each speech, in addition to learning the new skills (such as storytelling) from the advanced manuals.

Congratulations, Mary Ann!

Membership Anniversary: Bob Goldberg, 8/93.

Meeting Awards

Date	7/19	7/26	8/2	8/9
Toast of the Day	All	Fred	Carol	Gabriela
Most Imp. Speaker	Claire	Chaz	Gabriela	N/A
Best Table Topics	Jim (a guest)	Steve	Carol	Fred
Best Eval.	Marlo	Bob	Bob	Karen

Congratulations to Carol on completing her ice breaker on 8/9!

Great job, everyone! Keep up the good work!

6949?

GABRIELA REMOW

Have you ever seen the Toastmasters organizational chart? The member is on top, indicating that the member level is the most important level of the organization. Below the member is the Club. Our Club is #6949. (There are more than 8,300 Clubs in 71 countries.) Let's take a tour of the organization, beginning at the bottom.

First, we find the Board of Directors and Officers, and then next above that is World Headquarters. Both of these levels are found in southern California.

Then comes the District. We belong to District 2, which stretches from the Canadian border to Kent, Washington, in the eastern Puget Sound locale. Our District Governor is Jerry Weltner. (Although not shown on the chart, we are also part of Region I, which includes eight Districts in the northwest U. S. and British Columbia. There are no regional officers, but there are regional conferences and meetings.)

The next level above the District is the Division. There are five Divisions in our District (District 2), lettered from A to E. We are in Division B, which ranges from Lynnwood to the ship canal in Seattle. Our Division Governor is Kathleen Taylor-Sharp.

Above the Division on the chart is the Area. There are 23 Areas in our District (District 2), numbered intermittently from 11 to 56. There are four Areas in our Division (Division B), numbered from 21 to 24. We are in Area 23. Our Area Governor is Walter Carlisle, who paid a visit to our Club on July 26, 2000.

And then we arrive at the level of the Club. Our Club, Notable Northgaters #6949, is one of five Clubs in Area 23-B (the B is for the Division). Since we are in District 2, another way to refer to our Club is #6949-2 (this is how they do it in *The Toastmaster* magazine). Our Club President is Ray Roman.

And at last we return to the top level, the level of the member. At the time of this writing, there are 23 members in our Club. Now that we've come full circle, you should feel acquainted with the Toastmasters organization. And knowing your place in the organization, feel free to assert your power and take charge!

Some Statistics

Members in our:

Club (#6949)	23
Area (23)	80
Division (B)	289
District (2)	1789
Region (I)	13,974
World	174,900

Clubs in our:

Area (23)	5
Division (B)	20
District (2)	112
Region (I)	909
World	8642

Areas in our:

Division (B)	4
District (2)	23

Divisions in our:

District (2)	5 (A-E)
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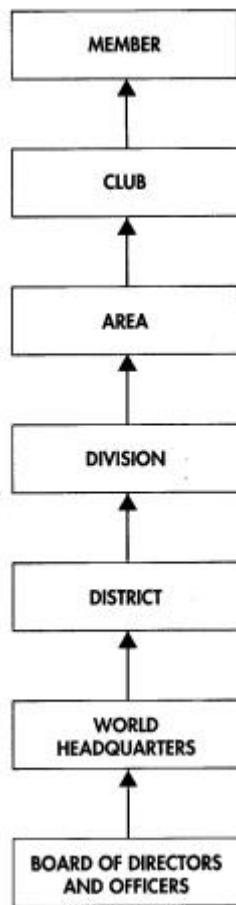
Districts in our:

Region (I)	8
World	75+

Regions in our:

World	8
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For more information see the online newsletter at <http://users1.50megs.com/notablen/news>.



Some of this information was provided by Sheila Dixon. The statistics are from the Internet (<http://www.toastmasters.org>) and the chart is from the officers' manuals, ©2000 by Toastmasters International, Inc.

Table Topics:
Master or Minion?

RAY ROMAN

Being Table Topics Master can sometimes feel like being terrorized by Time: if the speeches run long and the audience is large, the lack of time to cover everyone is a threat, but if the speeches run short and the audience is small, the expanse of time yawns like a chasm. I think the TT Master should always plan as if TT will not have enough time AND as if TT will have more time than usual. That is, be ready to cram in a lot of questions quickly AND be ready to fill time too.

The way to do this is to have many more brief questions prepared than you expect to use. Instead of drafting 10 or so, think up 15 or more. However, keep them short so that many candidates can be fit into TT if need be. Also, your list of targets should include absolutely every soul in the room, starting from most

desirable (no role) through the more desirable (small role), the less desirable (GE, TM, etc.) and the least desirable (speakers, evaluators), in order. Check questions and targets off as you go so there is no confusion at the lectern.

Also, to make it easier to perform, consider writing up your lists in LARGE LETTERS THAT CAN BE READ EASILY FROM THE LECTERN.



Finally, confirm in advance with the TM what time she thinks the transition to Evaluations should start (6:12 is typical), so there is no need for reconfirming that from the lectern.

In this way, you can confidently run TT as the master, rather than the minion, of Time.

Two Immediate Pasts

Sheila Dixon, our Immediate Past President, is also the immediate past Area Governor for Area 23-B. She "governed" the five Clubs in our Area. Sheila says the most difficult part of her job was to ask people to do things (that is, to delegate). "But," she says, "if you hit on the right thing to ask them, they love to be involved." The most fun part of her job was visiting the five Clubs and getting to know everybody. As our Club President, she says the most fun part of her job was talking to and becoming friends with the members of the Club.

Mary Ann Schroeder, our immediate past VP Education, had a fulfilling term of office last year. "The hardest part of my job," she says, "was to keep my cool when everyone wanted answers all at once before the meetings began." She learned to be calm, and not to act as harried as she felt. The most fun part of her job was keeping track of people's progress, and she wishes she'd been even more on top of it than she was. Most people, Mary Ann says, like (or need) to be prodded along, and they like to be informed what else they need to do to get their next award.

"The Vice President Education has the toughest job of all the officers," says Sheila Dixon. Mary Ann agrees that the scheduling of meetings and the organization of the Club-level speech contests are difficult, but she feels that the President's job is tougher. She thinks that it might be a good idea, however, for Clubs to split the Vice President Education job into two 6-month terms, so more people could participate, and so that it would be less burdensome on each.

"If you enjoy your Club and care about it, you should think about becoming the Vice President Education," says Mary Ann. "You get to know the ins and outs of Toastmasters Club life. No matter what amount of effort you put into the job, you get back twice as much, because your efforts as VP Education spur other members to increase their input into the Club. The VP Education is the engine of the Club, in terms of getting it to progress (in CTM's and other awards). If people keep on track, they get these awards. If members do the work, they end up improving their public speaking skills." So says Mary Ann.

The Secretary's Corner — Club Business

MADELEINE KOLB

Executive Committee Meeting 7/12/00

The incoming Club officers met for the first time in executive session. Those present were Ray Roman (President), Sheila Dixon (Immediate Past President), Fred Coutts (VP Education), Theresa Collier (VP Membership), Gabriela Remow (VP PR), Michael Suver (Treasurer), Lisa Smith (Sgt-at-Arms), and Claire Richards (filling in as the recording secretary – thank you, Claire!).

The officers established the Club Success Plan for the upcoming year (July 1, 2000, through June 30, 2001). They also discussed the possibility of producing a Club newsletter, but the decision was deferred to the full Club at the next meeting.

Club Meeting 7/19/2000

VP PR Gabriela presented a proposal to the Club that a Club newsletter should be produced, at a cost of no more than about \$25.00 per 6 months. The Club voted to approve the proposal, and this newsletter you're seeing now is the result.

Executive Committee Meeting 8/9/2000

Those present were Ray Roman (President), Sheila Dixon (Immediate Past President), Fred Coutts (VP Education), Theresa Collier (VP Membership), Gabriela Remow (VP PR), Madeleine Kolb (Secretary), Michael Suver (Treasurer), and Gina Coluccio (Sgt-at-Arms). The officers updated the Club Success Plan for the upcoming year (see the right column of this page). They also began planning for the Club's demonstration meeting on Sep. 6, 2000. Finally, the officers voted to recommend that the Club pay to register a domain name for the Club Website. The Club will vote at the next meeting (8/16/00).

Upcoming Events

Aug. 19th, District-Wide Officers Training North Seattle Community College, room CC2153, 9 a.m. – noon.

Aug. 23rd, regular Club meeting, 5:30 p.m.

Aug. 23rd, Division B Officers Training St. Stephens Lutheran Church, Shoreline, 7:00-8:30 p.m.

Aug. 26th, Club Sponsor, Mentor, and Specialist Training -Bellevue City Hall, 9 a.m.-noon. **Revised by the District to Sep. 16th.**

Aug. 30th, regular Club meeting, 5:30 p.m. **Grand prize drawing!**

September, semiannual dues due - submit \$30 payment to Michael Suver, Club Treasurer, no later than the Sep. 27 regular meeting. Thank you!

Sep. 6th, Club Demonstration Meeting (see article on this page), 5:30 p.m. The Executive Committee will meet afterward.

Sep. 9th, Newsletter Deadline (submit materials to Gabriela – paper or email).

Sep. 13th, regular Club meeting, 5:30 p.m.

Sep. 15th, next newsletter publication date.

Nov. 4th, District 2 Fall Conference.

Demonstration Meeting September 6th, 2000 – Be There!

What is a demonstration meeting?

A demonstration meeting is a chance for our Club to demonstrate, to the public, how a Toastmasters Club operates and how the Toastmaster system helps people sharpen their public speaking and leadership skills. While many people have heard of Toastmasters and know the organization has something to do with public speaking, they don't know much else about Toastmasters.

We will be announcing the meeting in newspaper notices, flyers, and by inviting former guests and members to attend. The format of the meeting will be no different from any other meeting, but the number of guests should be greater than usual.

So, we should strive, as always, to put on a good show that day. We should warmly welcome all guests, and we should be well prepared for our roles that evening. This is our chance to shine before the world!

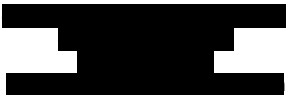


NEWSLETTER STAFF

Publisher: Ray Roman



Editor: Gabriela Remow



Club Success Plan

Notable Northgaters #6949

July 1, 2000 - June 30, 2001

Updated 8/11/2000

Updated 8/1/2000

Goals	Who/When? (Bold = Done)			
Two CTM's	Chaz (12/00)		Fred (1/01)	
Two more CTM's	Michael (3/01)		Claire (4/01)	
One ATM	Theresa (10/00)		Backup: Sheila	
One more ATM	Gabriela (2/01)			
One CL	Gabriela (1/01)		Backup: Sheila	
One more CL	Theresa (3/01)			
Four new members				
Four more new members				
Minimum of four Club officers trained during each of two training periods (<u>both required</u>)	First training period		Second training period	
	Ray, Fred, Theresa, Gabriela 7/22/2000			
One semiannual membership report <u>and</u> one Club officer list submitted on time	Membership report		Officer list	
	Oct.	Apr.	Oct	Apr.

Your Chance to Participate!

Want to see your article in print? Any upcoming events, anniversaries, celebrations, or anything else you'd like to share with the rest of the Club? Have you seen anything in our meetings you'd like to see done differently? Or something you've seen that you'd like to see more of? Would you like to try your skills as a reporter, interviewing and profiling other members? Do you want this newsletter to improve? For any or all of the above, please contact Gabriela (look to the left for contact info). Submit articles (less than 500 words please) before Sep. 9 for the next issue of *Notable Northgater*.

A Quiz from the Manual

Win the Grand Prize!

1. What tradition does the Toastmasters program have? (page 73)
2. How should we end our speeches? (pages 12, 71)
3. What activity in Toastmasters provides the greatest learning? (page 6)
4. How should speech evaluations begin and end? (page 72)
5. What is the "seven-seven rule"? (page 84)

Submit your responses (paper or email) to Gabriela before Aug. 30th. The names of all correct entrants will appear in next month's newsletter, and one of the names will be drawn from a hat at the Aug. 30th meeting. That person will win the **grand prize**, a Starbucks gift certificate courtesy of **Karen Weber-Millstein**, on behalf of her employer, Van Waters & Rogers. Thank you once again, Karen!

