

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

September 15, 2000

NORTHGATER

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What the VP Education does . . . and What it Means to You

A Word from our Vice President Education

FRED COUTTS

My objective in this article is twofold: to explain (a) the role of the Vice President Education; and more importantly, (b) what it means to you.



As Vice President Education, my duties are to:

- Plan dynamic Club meetings
- Promote the Toastmasters educational programs
- Orient new members to the program and to the Club
- Help make all members effective evaluators
- Administer speech contests
- Preside in the absence of the President
- Participate in Executive Committee meetings

Each of you have different reasons for joining toastmasters. Your reasons range from:

- A desire to improve communication skills
- To overcome a fear of public speaking
- To gain skills in conducting meetings
- It's fun
- And the list goes on.

My role as VP Education is to help you achieve the reason(s) you joined. I cannot do this effectively by myself. I need you to tell me your goals and how quickly you wish to attain them. We have many tools to help you, from working from the speech and leadership manuals to participating in each of the meeting roles. Toastmasters is designed to promote better thinking, better speaking and better listening. By working together, we can determine the roles that will benefit you most. I will schedule you appropriately.

Another one of my key responsibilities is to keep our meetings fun. I encourage you to give me your suggestions on how to make our meetings varied and interesting - because in the end, fun meetings are what keep us coming back. I have been a Toastmaster for almost two years and I know my speaking skills have improved greatly (though I still have a long way to go). No matter how busy I am with my business or other things I always make time to attend our Toastmasters meetings. We have a diverse group of friendly, funny, committed members. I always look forward to seeing all of you each Wednesday.

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.

I have seen amazing transformations in the speaking abilities of many of our members. This is a testament not only to the members' commitment but also to the Toastmasters educational programs. As VP Education my goal is to ensure that our educational programs continue to help you achieve your goals.

Let's keep on learning and having fun! See you at the next meeting.

Some of this information has been adapted from the Vice President Education manual, ©2000 by Toastmasters International, Inc.

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!



Tips from Theresa

Our Vice President Membership
THERESA COLLIER, CTM

Membership Building

Toastmasters' business cards: We can distribute business cards freely during our everyday activities. I actually had some very inexpensive cards printed several years ago. I had them made at Office Max and handed a dozen out to each member as part of a speech I gave on recruiting new members. The idea was to invite friends and co-workers to a Toastmasters meeting and give them a card as a reminder. I didn't receive any feedback on this tactic and I don't know if anyone actually used them. They WERE very plain, no logo or anything -- just the name, address, and hours, a little blurb about TM and my phone number. I do think there is some good potential in using them as a marketing tool. (NOTE: Gabriela has some blank business cards that can be printed on her computer. If you want Toastmasters' business cards with your name printed on them, contact Gabriela.)

Toastmasters booth at a fair, festival or business gathering: We could do this if Club members would volunteer an hour or two each to host the booth and answer questions. I remember seeing a booth at The Fremont Market a few years ago. There was a sign up sheet for more information and quite a few names were listed on it. Definitely something to consider.

Toastmasters pin or name badge: Consider wearing your pin one day a week, all day. People will ask you about it, and you'll have an opportunity to explain how the Toastmasters program has benefited you personally.

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

Welcome Aboard!

Eric Thompson recently joined Toastmaster after first hearing about it on a radio talk show. Steve Thompson, ATM-B,



Notable Northgater and Eric's cousin, told him about our club.

According to Eric, he joined Toastmasters to improve his public speaking capabilities.

"The people in our group are really nice. I look forward to learning as much as I can from everyone," says Eric.

Born in Bellevue and raised in Issaquah, Eric currently works for the State of Washington Department of Health. He manages and supervises several laboratories in the environmental section.

In his spare time, Eric likes to ski, mountain bike, hike, rock climb and play the guitar.



Kay Lee joined Toastmasters in August to improve her leadership and public speaking skills. She thinks Toastmasters is a good resource. "It is systematic and well

organized, allowing everyone to speak at each meeting," says Kay.

After a difficult search, she discovered Notable Northgaters, which was close to her and fit her schedule.

Welcome to the Club, Eric and Kay!

Way to Go, Bob!

Bob Goldberg, ATM-S, has recently written an article called "PERSONALITY TEMPERAMENTS: The driving force behind individual goals and objectives." The article debuted on our Club Web site (at www.notablenorthgaters.org/news.htm). Check it out if you haven't read it yet! Bob also has submitted the article to *The Toastmaster* magazine for possible inclusion. In addition, Bob adjusted the article to make it apply to groups in general (not just Toastmasters) and submitted the article to *New Times* magazine. He has received a letter accepting the article for a future edition of the magazine.

Congratulations, Bob!

Everything Must Go Down on Paper

"You will never *ever* give a good speech if you don't first reduce *everything* to writing. That means every sentence, and every word of every sentence."¹ This emphatic

statement by Ed Wohlmut may be surprising. Does it mean we must *read* the thing to the audience? No, he tells us. Then why have a fully written text?

"There are three reasons," he says. "You must have the *incentive* to think the speech through – word for word. You must have the *opportunity* to edit what you've started with. And you must have the *confidence* that comes only after you know that every word has been mapped out in advance."

The last item, *confidence*, is the key to everything else. When preparing for a performance, there must be constant rehearsal and constant practice. "Every move, every expression, every syllable and note of music is repeated, over and over. Nothing is left to chance. That's how performers get themselves on stage."

Wohlmut learned by watching storyteller Myron Cohen, who told the same stories on stage, day after day and night after night. "Funny stories, hilarious stories, stories that made me laugh each and every time, no matter how many times I had heard them before. And I began to notice that every word, every inflection, was always the same."

Wohlmut was also speaking daily, but he was winging it, and it showed. Sometimes he got positive reactions, sometimes not. He had a good idea of the message he wanted to get across, but from performance to performance, his words were always a little different. After observing the storyteller Cohen, Wohlmut said, "I was able to see the importance of knowing how every word would work. Change a phrase here, or a thought there, and the *message* changes. Simple as that. When you want consistent, positive results, you must know where you're going every second.

"And what's the result?"

Confidence!"

¹ All quotes in this article are from *The Overnight Guide to Public Speaking: The Ed Wohlmut Method*, pages 104-106, ©1983 by E. D. Wohlmut.

Meeting Awards & Reports

Date	8/16	8/23	8/30	9/6	9/13
Attendance Total/Guests	18/3	17/1	15/0	22/7	15/0
Word of the Day	retrospect	canard	propinquity	instinctive	era
Toast of the Day	Deborah	Ray	Karen	The 7 Guests	Bob Karen
Most Improved Speaker	Gina	Lisa S.	Karen	N/A	Karen
Best Table Topics	Gabriela/Gloria	Eric	Ray	Richard (a guest)	Marlo
Best Evaluator	Marlo	Deborah	Bob/Gabriela	Sheila	Fred

Great job, everyone! Keep up the good work!

Membership Anniversary: Karl Zimonyi, ATM-B, 9/1995.

A Message from Our Immediate Past President

SHEILA DIXON, ATM

The title of "Immediate Past President" has a definite ring to it! Just imagine me sitting back at 8 a.m., wearing robe and slippers and



enjoying my first cup of tea of the day. The phone rings! It's Ray with a question about

Toastmasters. I'm glad we don't have video telephones!

I must say that I'm enjoying being the senior adviser for our Club. After ten years of membership in the Toastmasters organization, I find that I have acquired snippets of information about most of the workings of the Club. If I don't have an immediate flash of insight, then I will dip into my vast reservoir of notes to find an answer – or call a District officer for help.

The positive, helpful attitude of the members of Toastmasters is a significant reason why it is a successful organization. We are a team of volunteers who started at the same level. We were nervous, unsure and in many cases lacked confidence. The program works because it requires 'hands-on' participation.

We learn to organize, prepare and present speeches on many different topics. The small steps outlined in the Communication and Leadership Manual gradually give us the confidence to keep going. The positive feedback received from evaluators helps us focus on what we need to improve. The mentoring program gives us someone to be our "buddy," to help us with the fine points of Toastmasters.

It's been said before and it's true: You will get out of Toastmasters what you are willing to put into it.

For those Toastmasters who have completed the basic manual, who would like to be challenged even more, I would suggest you visit an

Advanced Club. There is an Advanced Club in each Area of our District. These Clubs typically meet for two or more hours, usually once a month. The presentations are of a high standard and may be 30-40 minutes in length. The evaluations are detailed, very often using a round robin format. Let me know if you would like more information about Advanced Clubs.

What are my personal goals for this year? I intend to complete the Advanced Manuals I started several years ago. As Past President, I now have the luxury of time. Notable Northgaters has a new President and a new team of officers. They have started their year with enthusiasm. I'm confident that with their leadership, the Club will meet its goals and our members will achieve their personal goals.

Let's all work together and make it happen!

Videotape - Can It Help?

GABRIELA REMOW, CTM

What's the point of watching our speeches on video after we've spoken? Isn't that a waste of time? After all, the speech is over and done with. Or is watching ourselves an exercise in self-punishment? Surely no one likes to see or hear the way they actually look and sound on tape! Or, can videotape help us improve our public speaking skills?

The *Effective Speech Evaluation* manual says, "People join Toastmasters Clubs to improve their public speaking skills, and these skills are improved through evaluations . . . An evaluation is an opinion, nothing more." We improve through evaluations, and evaluations are opinions. After speaking, we receive feedback from an evaluator, and written comments from everyone else. The evaluation and comments give us valuable feedback, but the feedback is simply the opinion of each individual. As the manual goes on to say, "The more feedback a speaker receives, the more the speaker benefits."

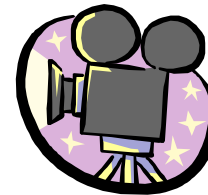
Videotape offers us a quantum leap forward in improvement potential. After receiving feedback from fellow Club members (their opinions), we have a chance to sit in the audience and watch ourselves perform, forming our own opinions and giving ourselves feedback. We are sure to see something that no one else saw (or said) that we want to improve. We know exactly what we were trying to do in our speech, and we can compare what we intended with what we actually did before a live audience. No one else can make that comparison.

We also may find that we disagree with our evaluator. Perhaps the evaluator complimented our eye contact, but we see on tape that we looked down at the lectern more often than necessary. Or perhaps the evaluator said we could improve the speech by using more body language, but we find ourselves pleased by the body language we used in the speech.

Remember, all evaluations are opinions, and we are each free to form opinions of our own speeches, when we see them on tape.

A letter to *The Toastmaster* magazine (June 2000) said, "All Toastmasters have a reason for being members, and we should support their dreams, not try to mold them all in our own images." By watching ourselves on video and evaluating ourselves, we are in no danger of being molded by someone else. We choose our own path. We see what we want to improve, and we can watch it improve speech by speech as we work on it. Then we choose something else to improve. Videotape affords us the opportunity to act rather than react.

Since our meetings are regularly videotaped, it would behoove us all to take advantage of the opportunity to watch ourselves, learn and grow from the experience. Videotape can take us all to the next level of self-confidence and self-development. So be sure to take advantage of this valuable resource for improving your speaking skills.



The Secretary's Corner – Club Business

MADELEINE KOLB

Club Meeting 8/23/2000

The Club voted unanimously to accept Kay Lee and Eric Thompson as new members. Kay and Eric were duly sworn in by Club President Ray Roman.

Club Meeting 8/30/2000

The Club voted to purchase a domain name for the Club Web site. The Executive Committee was designated to select the domain name.

Executive Committee Meeting 9/6/2000

Those present were Ray Roman, CTM, (President), Sheila Dixon, ATM, (Immediate Past President), Fred Coutts (VP Education), Theresa Collier, CTM, (VP Membership), Gabriela Remow, CTM, (VP PR), Madeleine Kolb (Secretary), Michael Suver (Treasurer), Gina Coluccio and Lisa Smith (Sgts-at-Arms). The Committee voted to approve the minutes of the 8/9/00 Executive Committee meeting. The officers updated the Club Success Plan (see the right column of this page). They discussed possible domain names for our Club Web site, and voted for www.notablenorthgaters.org. Then they discussed the demonstration meeting that had just taken place.

Upcoming Events

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

Sep. 16th, Club Sponsor/Mentor training, Bellevue City Hall, 8:30 a.m.-noon.

Sep. 20th, regular Club meeting, 5:30 p.m.

Sep. 27th, special Club meeting: Humorous Speech Contest, 5:30 p.m.

Sep. 30th, Area 23 Speech Contest, Fairview Christian Church, 78th and Roosevelt. Potluck from 11:30 a.m. to 12:30 p.m. and contest from 1:00 p.m. to 2:00 p.m.

Oct. 4th, regular Club meeting, 5:30 p.m. Executive Committee meeting afterward.

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

Oct. 11th, regular Club meeting, 5:30 p.m.

Grand prize drawing!

Oct. 14th, Division B Humorous Speech Contest, Maple Leaf Evangelical Church 1059 NE 96th. 5:30pm Potluck; 6:30 p.m. Registration. Contest starts at 7:00 p.m.

Oct. 15th, next newsletter publication date.

Nov. 4th, District 2 Fall Conference.

Humorous Speech Contest Sep. 27 – Be There!

Should You Participate?

Here's what some former contestants are saying:

Karl Zimonyi, ATM-B: I very much recommend that you enter the contest. Competition brings out the best in a speaker. The effort is much more focused, and the rewards are superior to a regular speech. The effort of competing has a noticeable effect on improvement. There are no evaluators during the contest; the response of the audience is the best recognition.

Gloria Buce, ATM: I encourage everyone to enter. A contest is a chance to challenge yourself to a higher level of performance, an opportunity to spur yourself on. For a contest, we spend more time on practice, knowing we will be judged – especially delivery practice. A contest is a good way to tie all your speaking skills together.

Chaz Simmons: You should enter the speech contest. The amount of preparation is well worth what you get back. A contest speech is more pressure-packed than a regular speech. You learn to deal with nervousness and apprehension, and overcome it. I learned from competing that more preparation is needed, more rehearsal than a regular speech. So, regarding participation, the more the merrier. If there's only one or two, it's not as competitive. Bring 'em on!

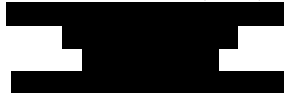
Gabriela Remow, CTM: A speech contest is a great learning experience, and the learning comes from doing. I feel that I learned a lot, and improved my speaking, by entering the contests I've entered. Don't miss out!

NEWSLETTER STAFF

Publisher: Ray Roman, CTM, President



Editor: Gabriela Remow, CTM, VP PR



Club Success Plan

July 1, 2000 - June 30, 2001

Updated 9/6/2000

Who/When? (Blue = Done)		
Two CTM's	Chaz (12/00)	Fred (1/01)
Two more CTM's	Michael (3/01)	Madeleine (6/01)
One ATM	Theresa (10/00)	Backup:
One more ATM	Gabriela (2/01)	Sheila
One CL	Gabriela (1/01)	Backup:
One more CL	Theresa (3/01)	Sheila
Four new members	Kay (8/00), Eric (8/00)	
Four more new members		
Minimum of four Club officers trained during each of two training periods (both required)	First training period	Second training period
	Ray, Fred, Theresa, Gabriela 7/22/2000	
One semiannual membership report and 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 Oct. 9 for the next issue of *Notable Northgater*.

"Many Club members who have . . . contributed to their Club's publications have found that their overall communication skills have benefited." From the VP Public Relations manual, ©2000 by Toastmasters International.

A Quiz from the Manual

Win the Grand Prize!

1. What are the only speeches worth giving? (page 22)
2. What is the ultimate recognition in Toastmasters? (page 7)

Submit your responses (paper or email) to Gabriela before Oct. 11th. 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 Oct. 11th 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!



Last Month's Results

Karen Weber-Millstein and Fred Coutts turned in the correct answers to last month's quiz. And the **grand prize winner** was Karen Weber-Millstein. Congratulations, Karen!

For the answers to last month's quiz, see our Club Web site's "Upcoming Events" page, under the "Past Events" category (Aug. 30th, Grand Prize Drawing). Enjoy! www.notablenorthgaters.org