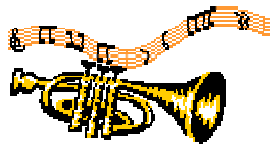


The Clarion



**Toastmasters International
District 59**

June 2005

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Did You Reach Your Personal Goals?

Twelve months ago, in my first article in this publication as your incoming District 59 Governor, I encouraged each of you to aim high, to set goals for yourself, and I promised to do my best to support you and be there for you each time you would need me.

My personal journey as your District Governor is coming to its end and I did my best to keep my commitments. Now, I would like to ask each of you a personal question. Did you reach your goals during this Toastmasters year?

Did you overcome your anxiety, your shyness, or even your public speaking allergy? Did you climb your Everest in presenting your Ice-Breaker? Yes, you made it? Congratulations, the rest – as maybe you have already discovered – will be much easier and soon enough you will even enjoy delivering a speech!

Did you make the extra effort delivering enough speeches this year to complete your basic manual, thus receiving your CTM award? Well done! You will now have a choice of specialty manuals to improve your communication skills in a more personalized fashion. Welcome to the advanced Toastmasters trail, it is maybe a bit steeper, but the scenery up there will enchant you, go for it!

Did you serve as a club officer? Did your club achieve the Distinguished status? Were you part of this success? How does it feel? Great, isn't it? You are on your way to becoming a leader, even if you aren't aware of it yet! This is how our Toastmasters program works: without you even noticing it, little by little, you are changing for the better, you are gaining self-

confidence, more poise, new skills.

Soon enough, you will eagerly ask to yourself: "What's next?"

I hope you have already made some commitments for 2005-2006. Maybe you have been elected or appointed as an incoming club or district officer, or you are considering giving your third speech without notes next month, or you volunteered to be part of the team hosting the District conference in the Fall... Whatever the project, I congratulate you for having one! Projects are the backbones of our lives.

Since being a Toastmaster gives you endless possibilities when it comes to projects, objectives and goals, I strongly encourage you to aim as high for yourself next year as you did this year. It is your pass toward self-esteem and recognition.

Now, if your answer to my question "Did you achieve your goals?" was "Not quite!", don't be ashamed! If you tried hard, if you worked seriously, you may be proud of yourself. It isn't the immediate result that counts most, it's the impact your personal involvement will have later on, both on yourself and on society.

A Toastmaster is a winner, remember, just because she or he has a positive attitude. Whatever you think you did wrong, I assure you this: you are better now than you were twelve months ago! Bravo!

**Your District Governor,
Odile Petillot, DTM**



It's Not Just About Giving Speeches!

"Toastmasters International continually expands its worldwide network of clubs thereby offering ever-greater numbers of people the opportunity to benefit from its program." This is the last sentence of "The Toastmasters Mission", maybe you read it recently, maybe you are not really aware of it.

During the last few months I could very clearly

notice what it REALLY means. Benefiting from its program is not just about giving speeches. It is giving support, making you feel at home, giving you comfort when you are in need of it.

In February 2005 my husband and I left our hometown of Hannover, Germany to move to Shanghai, China. *(to continue on page 4...)*

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New on the Web!

- The list of the elected District Officers (District Governor, Lieutenant Governor Education and Training, Lieutenant Governor Marketing, Public Relations Officers, Division Governors) for 2005-2006
- The District Realignment for 2005-2006
- Guidelines for selecting the District Toastmaster of the Year, Area Governor of the Year and Division Governor of the Year
- Winners of contests at the Amsterdam conference
- Handouts of educational sessions at the Amsterdam conference

Ileana

Lessons from the Heart

The Toastmasters program is one where we are our own teachers, we help each other achieve our goals, and we do this because we care, not only about each other, but about the world in general — we realize the power of effective communication. In a district as culturally diverse as District 59, after all at the present time we have over 2,300 members in 13 countries, we have the advantage over many other districts due to the fact that we learn, just sitting in our own clubs, how to communicate cross culturally.

To help the speaker improve is the objective of an evaluation, to give an evaluation which motivates and inspires the speaker to continue is the goal of every evaluator. As evaluators, we walk a fine line between saying too many nice things (sugar coating) and sounding too critical. The path we need to take is between these two extremes, one where we are being constructive and not destructive, one where there is true learning taking place. Your challenge as an evaluator is to point out the strengths and weaknesses of a speaker in a manner that motivates the speaker to return to the lectern.

There are several formulas to assist in evaluating a speech, e.g., the sandwich, the modified sandwich, the quilt, or my favorite formula—CRC, which is:

- Commendation: Start with 1-2 things the speaker did right—and why. Be specific, e.g., “your hand gestures really added emphasis to your speech”.
- Recommendation: 1-2 suggestions for improvement, again be specific, use terms like, “I believe”, “I saw”, etc)
- Commendation: Finish with the thing the speaker did best. Leave the speaker feeling good about his/her speech.

Over the past five years, I have had the pleasure of listening to some wonderful educational sessions regarding effective

evaluations, Christopher and Denise Magyar in Hamburg, Ralph Jones (at every meeting) and here are some of the tips I learned from these outstanding toastmasters:

1. Do not evaluate the content of the speech, concentrate on the delivery, i.e., the skills and techniques used.
2. Do not go to the lectern and read what you have written in the manual, why waste valuable time telling the speaker what he/she can read later?
3. Remember, an evaluation is a mini-speech and as such it should have a clear opening, body and closing.
4. When evaluating an ice-breaker, use only positive reinforcement. Remember, it takes courage to walk up to the lectern for the first time—don’t scare the speaker.
5. Talk to the speaker beforehand and ask if there is anything specifically that he/she would like you to look out for.



Another method that I use, one I learned from Kim Chamberlain, District 72, 2002 Evaluation Contest Winner, for every speech I evaluate: I imagine I am preparing the speaker to give this speech in front of another audience, at another time. I am preparing my fellow toastmaster to give the speech of his/her life and I want my fellow toastmaster to succeed!

So, why is my article titled, “Lessons from the Heart”? Today around the world there are over 40 armed conflicts, we see them on the news, listen to them on the radio, and read all about them in newspapers, magazines, etc. Do you ever ask yourself, “Why don’t they just talk to each other?”

Maybe no one took the time to teach those involved in conflicts how to effectively communicate.

Lee Tapia
Division F Governor

Fall District Conference in Mallorca



This November finds the biannual District meeting on the beautiful island of Mallorca. This Fall Conference will be unique in that there will be three venues used. On Friday,

November 11th by invitation only, the District Executive Committee Meeting will be held at 19.30 at the Santa Ponsa Country Club. Other members may use this day to tour or engage in the many activities in the area.

On Saturday, November 12th, the general meetings will be held starting at 0900 in the Gran Casino de Mallorca. This will include the District Council Meeting, the English Table Topics and Humorous Speech Contests as well as many educational presentations and a keynote address all in the daytime. The evening will allow some free time and continue with a cocktail reception and a gala dinner. For late night revellers, free passes will be given to the casino (open until 0400) as well as a free glass of Spanish Champagne (Cava).

Sunday morning sessions will be held starting at 0900 in the Sol Antillas Hotel and will include additional Education Sessions as well as French and German workshops.

Accessibility to Mallorca is probably the easiest of any resort in

Europe. There are numerous low cost air carriers that can be used. All flights and side tours can be arranged by the Conference Travel Agency, who can be reached on +34-971-676767 or www.ticket-spain.com.

The cost for the Conference is only 90 euros if booked by June 30th or 110 euros until September 30th and 130 euros thereafter. To register online go to www.mallorca-toastmasters.com. All Toastmasters have a special rate at the four star Sol Antillas Hotel on the beach in Magalluf of 39.50 euros for a single and 46.00 euros for a double per night. The rate is per room, not per person and includes breakfast and taxes. Contact with the Hotel Antillas can be made through email to raquel.martos@solmelia.com or on +34-971-131500.

The Organising Committee is there for your convenience and can be contacted prior to the Conference through our website. We hope to see as many Toastmasters in Europe as possible and we extend our Spanish Hospitality to all.

See you in November!

Ralph Arroyo
Area A3 Governor

On Being an International Director

Two questions I've been asked recently, and asked more frequently since I left the Board of Directors than when I was on it, are: "What did you do?" and "What was it like?"

"What did I do?" is the easier one to respond to. My more visible duties included training the top three district officers from the 15 districts outside of the USA and Canada, and speaking with them by phone to help them accomplish their district goals, visiting districts and providing educational sessions, making corporate visits and media visits to raise public awareness of Toastmasters International. My behind the scenes duties included such things as reviewing and approving new programs, new training materials, new speech manuals, providing direction to world headquarters on the development of these new materials, policy decisions (such as allowing two contestants from districts outside the USA and Canada to go to the World Championship of Public Speaking finals), creating new districts and territorial councils, plus reviewing and approving our annual budget. Quite a lot to ask from a volunteer who still has to hold down a normal full-time job don't you think?

To do this I would spend about 20 hours a month on the phone and about as many again e-mailing, talking to districts from New Zealand to Mexico, about 21 hours time difference from one end to the other. I also attended board meetings twice a

year where I got together with other board members and staff from world headquarters to discuss new ideas, review material, and take definite decisions which hopefully would make Toastmasters better for our members.

What was it like? To say it was amazing and rewarding is an understatement. Put 23 vocal, enthusiastic Toastmasters in the same room, all high on adrenaline, and I'm sure you'll understand what an exciting experience our board meetings were.

For all the meetings, telephone calls, e-mails and white papers or the thrill and excitement of making a speech at a District event, as a board member you never forget that you are there to work for our members. At the international convention in Reno last year, a lady came up to me and said that she remembered the educational session on evaluation I presented some 10 years earlier in St. Louis and how much it had helped her, and that she was glad I had been elected to the board. You never know when something you share will help someone. My biggest memory from my time on the board will always be of how much one can share with others and how much you yourself benefit from that sharing.

Robert Cockburn

International Director 2002-2004

Conference Programs in 2005-2006

Is there a star in your midst? Is there a speaker in your club or Area that could present a fascinating topic at a District Conference?

It is time to plan the conference programs for the coming year, starting July 1, 2005 and continuing until June 30, 2006. We usually know long in advance where our District 59 conferences are, and now it is time to know in advance what the educational sessions will be. With this aim in mind, we are asking people to submit:

1. Names and contact details of potential speakers at District conferences (you can volunteer too).
2. Session topics and summaries that the speakers can do
3. Whether the speaker wants to perform at the Autumn 2005 conference in Mallorca on November 12 and 13,

2005 or the Spring 2006 conference in Cologne on May 27 and 28, 2006.

The main program lines offered will be:

- a) Improving your communication skills
- b) Improving your leadership skills
- c) Personal development
- d) District building skills (starting new clubs and strengthening clubs)



Please submit your entries by June 30 to myself (Elizabeth.Nostedt@volvo.com). The incoming District Board will consider the entries as soon as possible after that.

Elizabeth Nostedt

Lieutenant Governor Education and Training



We are in the contest for the 2005 Toastmasters International Top 5 District newsletters award!

Quiz n° 5 – answers

1. The 2005 Toastmasters International Convention will take place in Toronto on August 24-27, 2005.
2. The first two Toastmasters manuals were "Basic Training" and "Beyond Basic Training".
3. Women were first admitted in Toastmasters clubs in 1973.
4. There are 37 different official languages in Europe.
5. The longest river in Europe is the Danube.

Quiz n° 6

1. Where and when was the first Toastmasters club outside North America founded?
2. What was the original name of the "The Toastmaster" magazine?
3. Which European population lives longest?
4. Which population has the longest healthy life expectancy in Europe?
5. Who was the first elected District 59 Governor?



Questions provided by Lee Tapia.



Toastmasters International District 59

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THE MISSION OF THE DISTRICT

The mission of the District is to enhance the performance and extend the network of Clubs, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational program by:

- ◆ Focusing on the critical success factors as specified by the District educational and membership goals.
- ◆ Insuring that each Club effectively fulfills its responsibilities to its members.
- ◆ Providing effective training and leadership development opportunities for Club and District officers.

It's Not Just About Giving Speeches! *(continued from page 1)*

"Culture shock" was the word I often heard when I tried to settle down in a new culture, trying to find new roots in an environment absolutely new to me. After being self-employed for several years now being a housewife for the first time in my life with the only task of taking care of the household was not easy.

Four days after our arrival, we went to our first Toastmasters meeting in our new hometown Shanghai on February 20, 2005. We were warmly welcomed, everything was well organized and we felt at home, being among a lot of new friends. Most of them Chinese, very enthusiastic, eager to improve their speaking skills. Singapore, the US, UK and the Philippines were represented by either members or guests. And, of course, Germany, two people with names difficult to pronounce. What amazed me most was the fact that Pudong Toastmasters meet every Sunday morning at 10.00 o'clock. And sometimes there are up to 10 (!) guests. More than 40 members, being a non-districted club (which means no officers' training, no area, nobody supporting them like we were used to at home) they really have good meetings.

After the meeting 10 – 15 people went to have lunch together. Only those of you who left their home country can imagine what this meant to me. Going to a local restaurant together with the locals really gives you an insight into culture. You cannot have this experience as a tourist or an expat going to a restaurant by yourself and trying to order something to eat. Especially

not, if you are can't read the menu and if you are a vegetarian, like me.

It is important to share our experience because we receive so much from our new club. In April we joined a Camping Trip. 48 people from the four Shanghai Toastmasters Clubs went to the countryside. Two days outdoors to recharge our batteries. Sleeping in tents, enjoying a big BBQ and party, having an improvised Toastmasters meeting Sunday morning while sitting outside in the sun, dragonboat racing and a lot of fun. Where can you find this as an expat? Correct: with Toastmasters.

It is not just about giving speeches. It is about finding new friends, sharing culture and experience, feeling at home away from home. Helping others to improve. Joining Toastmasters was the second best thing that happened to me in my life (after meeting my husband, of course). And I am very thankful for it, for everything I learnt through this great organization and all the wonderful people I have met so far who all helped me and us. Thank you all out there. Now it is our turn to give it back to our Chinese friends. And I found a new task: at the moment I am working on founding a new club. It is my goal to have the first German speaking Toastmasters Club in Shanghai chartered by spring 2006.

K. Beate Richter

Pudong Toastmasters Club #: 8698, Shanghai

All Good Things Come to an End

When preparing this last issue of the Clarion in the Toastmasters year 2004-2005, I felt the need of marking this moment. Endings are happy moments if we know how to look back with pride to the past and with curiosity of the new challenges that await for us in the future.

I thoroughly enjoyed the time I spent in editing the Clarion and this is due to you, those who contributed to it and those who read it. It was a tremendous experience and I am very happy for being able to have lived it!



I wish all the good luck to my successor, Barbara, and of course, a lot of fun!

Ileana Christodorescu
Public Relations Officer

Quiz n° 6 – answers

1. In 1935 a club was started in Southport, England. This was the first club outside of North America.
2. "The Gavel" first produced in 1930. The name was changed to "The Toastmaster" magazine in 1933.
3. French women. A French woman's life expectancy is 82.9 years.
4. Swiss women, who have 73.7 years of healthy life (WHO 2000).
5. The first elected District 59 Governor was Adele Hamilton. The first elected District 59 Governor was Denise Magyar.



Answers provided by Lee Tapia