



Peaks 'n Prairies

The Lewis and Clark District

Toastmasters: Changing Lives, One at a Time

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The **Peaks 'n Prairies** is the official publication of District 78 Toastmasters. Its purpose is to inform members of upcoming events and achievements and to provide information about Toastmasters programs and services.

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Imagination

Part of our success as Toastmasters is a result of thinking about solutions all the time. Very few people have vision. Many can't perceive the future, or the consequences of an action, or a change. They can't visualize – they can't imagine. This year's theme, *Toastmasters: Changing Lives, One at a Time*, is an extraordinary opportunity for District 78 to visualize – to imagine.



Rick Fasching, DTM
District 78 Governor

I attended a small parochial school through eighth grade. Although I lettered in three sports in high school – football, basketball, and baseball – the coaches knew who their star players were going to be. They would be the most talented, but did not include anyone from a parochial school. In baseball, I was placed in right field – the position considered best suited for the worst of the starting nine players. I loved to pitch, and occasionally I was allowed to throw to a few batters in a real game. But mostly I was overlooked. I knew I was better than that, and I always *imagined* myself going to the pros.

When I went to college, open try-outs for the baseball team were announced. I figured it wouldn't hurt to try out. What was the worst that could happen? I would get cut and not play? I already wasn't playing. As luck would have it, I made the team – as a pitcher. The following spring, I pitched my first game.

At year-end, I was voted "all-conference" selection. Sophomore year, I was "Second Team All-American". My Junior year, I was "First Team All-American" and was drafted into the pros. The dreams of my life were unfolding before me – until the day I tore a tendon in my arm. It was the end of 90 mile per hour fastballs and a slider that looked like it was coming right at the batter, only to break over the plate as he jumped back, being fooled and striking out.

Someone asked me "how did you get so good?" My only answer was, "I always *imagined* I was, but no one gave me a chance." Billie Jean King, one of the best woman tennis players ever, said "Imagination is probably the most powerful thing we have, and yet few people use it."

In Toastmasters, we have the ability to change lives. We provide opportunities for members to improve their communication skills,

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Toastmasters: Changing Lives, One at a Time

Toastmasers International was founded in 1924 in Santa Ana, California, by our founder Dr. Ralph Smedley. In October 2004, we celebrated our 80th anniversary. Those eighty years have marked numerous achievements for both the organization and our members.

1932 - Toastmasters International was incorporated and the Toastmaster Magazine was launched.

October 1935 - The first club outside the United States was chartered in Victoria, British Columbia, Canada.

1938 - The Toastmasters organization helped to establish International Toastmistress Clubs, Inc. By 1966, a study was conducted at the board level, and Clubs were given permission to form ladies auxiliaries. As you can imagine, this would never do. In fact, some wily clubs encouraged women to join by listing their initials and surname, or give false names, on the member application form.

1969 - The *Communication and Leadership* manual is introduced at the International Convention in Cleveland, Ohio.

1973 - At the International Convention in Houston, Texas, Clubs were permitted the option of opening

membership to women. In 1978, Clubs were no longer allowed to organize along gender lines.

1985 - First woman is elected International President: Helen Blanchard.

1990 - Our current Toastmasters International Headquarters was built in Rancho Santa Margarita. In 2002-2003, the entire building was renovated to accommodate a new Member Services department and enhanced information technology systems to better serve our members.

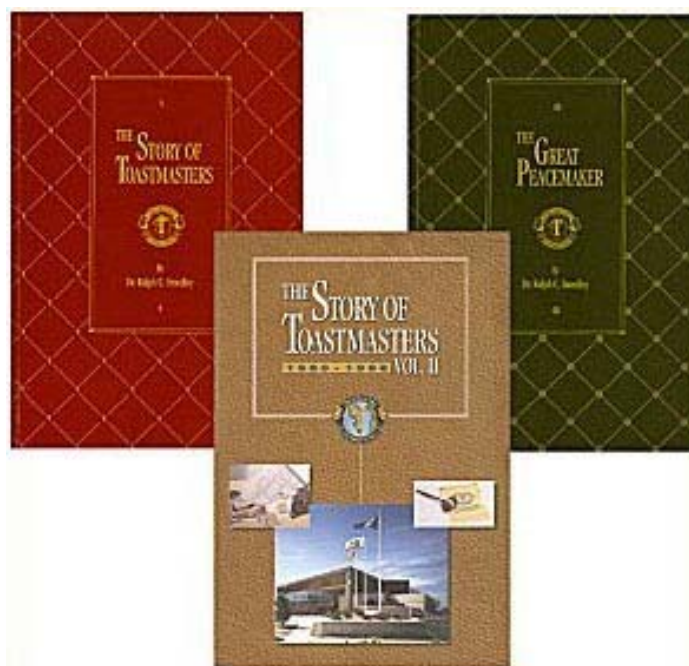
1997 - An improved two-track educational recognition system begins. The communication track includes the CTM, ATM-Bronze, ATM-Silver and ATM-Gold awards. The leadership track includes the Competent Leader (CL) and Advanced Leader (AL) awards. Requirements for the DTM award also changed.

2002 - Toastmasters International embarks on a major technology advancement that will allow members and Clubs to complete a variety of online transactions including member applications, semi-annual dues, supply orders, and information changes.

2003 - Formation of District 78

July 2004 - Toastmasters International charters its 10,000th club and has more than 200,000 members in 90 countries

October 2004 - 80th Anniversary



Success Starts with Mentoring

Miguel Restrepo, ATMG
Lt. Governor Education & Training

Do you have a mentor? If not, why not? Toastmasters International experience and research shows that a mentor can be a very positive force in communication and leadership development. Remember your very first speech? How did you feel when the day of your Ice Breaker speech approached much faster than you wanted it to? In all likelihood, you had a mentor – even if that person was not “officially” assigned to you. For the next few speeches, that person may have helped you with a rehearsal or two, or just patiently listened and gave guidance, feedback, and personal support that helped you on your path to success.

A mentor is a guide - someone with whom we develop a trusting relationship and who learns as we learn in the process. Toastmasters clubs are strongly encouraged to assign a mentor to new members as soon as possible. New members are inundated with many unknowns and new things that can make them apprehensive. For example, did you wonder at your first Toastmasters meeting why there is so much applauding?

Most of all, providing a mentor is a way to welcome a new member of the club - it is a way to say “we care” and “we want you to succeed in the program”. There is nothing more frustrating than joining an organization or group where you feel left in the middle of nowhere, without guidance or any knowledge at all.

Mentoring in Toastmasters is a way to ensure success for both the mentor and the mentee. If you have had the privilege of serving as a mentor to a new member, you have more than likely experienced the benefits that go with the role. The new member learns and gets the support and guidance necessary to start a successful journey. The mentor learns that teaching and coaching is a challenging yet very rewarding process. In addition, remember that for the Advanced Toastmaster Gold designation, one of the requirements is to coach a new member with the first three speech projects.

If you haven't had the opportunity to mentor, ask your VP Education to assign you to the next new member who joins your Club. If you would like to have a mentor, ask your VP Education to find one for you, or you may have someone in mind that you would like to have as a mentor. Ask them. Mentoring is an important ingredient for a success not only in Toastmasters, but in the journey of life.

Mentoring Resources

Club Mentor Program Kit (# 1163) - A mentor program offers many benefits for your Club. This package includes everything you need to start a mentoring program for Club members.

Mentoring Module (#296) - This module from the *Successful Club Series* defines mentoring, explains benefits, and discusses responsibilities of mentors.

Send Your Proxies

The Toastmasters International Convention will be held August 24-27, 2005 in Toronto, Ontario, Canada. It is particularly important that Clubs return their Regional and International proxies to the District Governor so that your votes can be counted. One item will be of particular interest to members.

A proposal to increase membership dues is being presented to the delegates at the 2005 Annual Business Meeting on Friday, August 26. Your Board of Directors recommends that you vote “FOR” this proposal.

- An increase in dues from \$36 annually (\$18 payable every six months) to \$54 annually (\$27 payable every six months) is proposed for clubs within districts. This amounts to \$4.50 a month.
- Over the last five years, the organization's revenue has increased an average of 5.5 percent per year while expenses increased 10 percent per year.
- The last dues increase was in October 1992. This enabled the organization to continue service to members as well as to improve its educational program.

Further information is available on the TM website. When your Club proxies arrive, please sign them and send them to the District Governor, whose name and address already appear on the back of the cards. Make your vote count.

Go for the Gold

Mary Lou Hermes, DTM
Lt. Governor Marketing

It seems District officers are always exhorting clubs to bring in new members and asking Area and Division Governors to bring new clubs into the Toastmasters family. These activities are both important to the success of our organization and our District.

Sometimes, however, we lose sight of the fact that it is equally important to retain our experienced members. They deserve and expect to be served as well as our newest members. The words of an old round expresses a truth that we need to keep in mind:

*Make new friends,
But keep the old.
One is silver,
The other gold.*

How do we keep the “(G)old” members? Here are a few ideas:

Social Time

In many Toastmasters clubs, the friendships formed are a binding agent. Members deepen these friendships by holding occasional social functions, such as potluck suppers at one another’s homes, and by traveling together to Area, Division and District meetings. The potluck suppers are regular (but longer) meetings to mark a special occasion - welcoming and formally inducting new members or installing new officers - or to celebrate a special season like Christmas or the Fourth of July.

Recognition

Recognition of achievements is an important way to keep members feeling valued. Display a progress chart at every meeting.

Recognize members’ attainment of each new level promptly - and with some ceremony.

Membership Achievement

Toastmasters International has a Membership Achievement Program that might challenge both experienced and new members. It is a competition which awards points for presenting speeches, bringing in new members, and exerting leadership. If your club thrives on competition - and not all clubs do - this is a ready-made program that includes rules, forms and an “Outstanding Member” certificate for the winner.

Speaking Opportunities

Keep it in the club’s collective mind that Toastmaster life doesn’t have to end at a CTM, or even at DTM. There are a myriad of speech manuals and educational modules with new ones always being introduced. Encourage members to try something new – just for fun. Remind members that there is no limit to the number of CTMs a member can earn, even after the DTM.

Mentorship

Keep experienced members busy mentoring newer members. They will learn new things as they help their mentees, and there is a lot of pleasure in watching one of “your kids” mature into a competent speaker.

Keep challenging the seasoned speakers with evaluations that always include ways to improve. Many a Club has lost excellent speakers because the evaluators could only praise; they feel their time is wasted because they understand

that they can’t improve and grow without honest appraisal.

Leadership

Encourage your experienced members to take on District officer roles. Form support teams around them to help organize contests and perhaps travel with them as they perform their official duties.

Contact

If a long-time member starts to miss many meetings, give them a call to say, “We miss you. We need you.” Or even, “May I pick you up to come to the next meeting?”

Club Culture

Every club has its own culture. If your club is losing its long-term members, perhaps it would be a good idea to interview some of past members to try to determine how the Club may have changed and how to improve the atmosphere.

These are just a few ideas for retaining a very important resource in your Club. There are numerous other ideas out there in District 78 land, and I challenge you to go to our website and post your ideas on the *Idea Exchange*.

Go for the Gold.

Strengthen Your Club Membership

Moments of Truth

Moments of Truth is a Toastmasters International module in the *Better Club Series* that is designed to help clubs look at the way they do things. It's worth spending an entire meeting every year to complete the module and evaluate your performance as a Club. It will help you look at how and why you do things, and will encourage you to examine and devise new ways.

Get Members Involved

Encourage members to get involved outside the club by sponsoring a Speechcraft or Youth Leadership program.

Resources

The **Region IV website** (<http://www.regioniv.net>) has ideas about theme meetings and intriguing table topics subjects. Click on Resources, and then scroll down to District 6 Education Cookbook.

Imagination

(continued from page 1)

and they may very well become outstanding leaders, great speakers, better employees, or simply better people.

We can only do this by providing the Toastmaster opportunity to more people – organizing more clubs and recruiting new members regularly. Getting new members and Clubs seems difficult at times, but all we have to do is use our imaginations.

With *imagination*, we can Change Lives, One at a Time.

The Power to Succeed with Toastmasters

District 78 Spring Convention

Time is running out to register for the District 78 Spring Convention in Miles City, MT, April 29-30. If you have never attended a District event, this is your opportunity to experience a broader view of our organization. Meet new people, exchange ideas and rejuvenate yourself for furthering your Toastmasters skills and abilities.

We are privileged to have Jim Key, 2003 World Champion of Public Speaking, as the key presenter. Jim is a difference maker. He believes in passionately pursuing excellence, without reservation, and in enabling others to do likewise. Participate in Jim Key's sessions along with a variety of other educational sessions to help you develop your communication and leadership skills and help your Club serve its members.

Enjoy the District Evaluation Contest and International Speech Contest. Participate in the District Council meeting where you will elect District leaders for 2005-2006. Renew friendships and meet new people. Don't forget about the Silent Auction. If you would like to donate an item, contact Aaron Geller at 701-235-5252.

Registration forms and further information on accommodations and the program can be found on the District website at www.d78toastmasters.org. Presidents also have registration forms.

Friday, April 29, 2005

- 5:00 pm Registration opens in the Foyer
- 6:30 Hors d'oeuvres and cash bar
- 7:00 Social Evening - Hosted by the Skills Club

Saturday, April 30, 2005

- 6:30 am District Officers Breakfast and Meeting
- 8:00 Parade of Banners line-up
- 8:30 Banner Procession and Opening Ceremonies
- 9:00 Jim Key, 2004 World Champion of Public Speaking
Hitting the Mark - The Quest for Excellence
- 10:00 Break
- 10:20 Educational Session I
- 10:45 Educational Session II
- 11:10 Educational Session III
- 11:35 Educational Session IV
- 12:10 pm District 78 Evaluation Contest
- 12:40 Lunch
- 1:20 District 78 Recognition
- 2:20 Jim Key, 2004 World Champion of Public Speaking
What do you do when your frog won't sing? Overcoming Adversity
- 3:20 Break
- 3:45 District Council Meeting
- 5:00 District 78 International Speech Contest
- 6:30 Evening Social
- 7:00 Banquet

Do you have what it takes to be a District Officer?

Jeanette Haugen, DTM
Immediate Past District 78 Governor

They are our teachers, ambassadors, evaluators and cheerleaders. They are committed to improving members within their clubs, recruiting new members, and adding new clubs. They have challenged themselves not just to Club leadership, but to leadership at the area, division and district as well. Who are they? They are our District 78 Officers.

Each spring, current and past District leaders seek out approximately 40 individuals to lead our areas, divisions and district. Are you ready to accept the challenge and opportunity? Consider the skills you can develop as a District Officer, beyond the communication and leadership skills you gain through your Toastmasters membership.

Our District Officers are our teachers. They provide training on making meetings effective, building membership, and performing Club Officer duties. District Officers also attend training and read additional materials to become experts in Toastmasters policies so that they can better guide and support the members across District 78.

Our District Officers are our ambassadors. They provide feedback to the Lt. Governor of Marketing, Lt. Governor of Education and Training and the District Governor on how the local Toastmasters clubs are performing. They attend District Conferences to represent their members at the council meeting, and they return with valuable information to share.

Our District Officers are our evaluators. District Officers attend club meetings to provide feedback on areas in which the club is doing well, and advice on areas to improve. Area Governors make at least two club visits a year and stay in regular contact to provide this valuable feedback.

Our District Officers are our cheerleaders. They love to celebrate accomplishments with you. They also communicate accomplishments to other District Officers so members and clubs are recognized.

The experience that I have had as a District Officer has strengthened my leadership skills, founded new friendships and made me more committed to the Toastmasters experience. Would you like to further build your leadership skills? District 78 needs you. Contact Past International Director Dwight Edstrom or District Governor Rick Fasching to express your interest in being a District Officer - Area or Division Governor, Lt. Governor, or District Governor.

Leadership Excellence

Toastmasters International's *Leadership Excellence Series* helps members learn the skills they will need to be successful leaders inside and outside our organization. Each module focuses on a specific leadership challenge.

Advanced members in your Club can provide a module as an educational presentation, with credit toward the Competent Leader (CL) designation. Each module comes with a script and overhead transparencies.

- The Visionary Leader
- Developing a Mission
- Values and Leadership
- Goal Setting and Planning
- Delegate to Empower
- Building a Team
- Giving Effective Feedback
- The Leaders as a Coach
- Motivating People
- Service and Leadership
- Resolving Conflict

Order on www.toastmasters.org. Watch for a new module coming in the fall.

Send Nominations to:

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Nominating Committee Chair
605-341-4700
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Get Your Toastmaster Experience Working for You

Did you know that Toastmasters International is one of the largest volunteer organizations in the world? Just think of all the ways you could use your volunteer experience to spruce up your resume, boost your performance evaluations, and otherwise let people know what you are capable of!

Here are some examples of how to use your Toastmasters experience to your advantage:

Club or District Officer

- Developed long-term goals and plans (using the DCP)
- Chaired meetings in a positive, supportive environment
- Provided guidance to junior officers and members
- Planned and implemented training programs for new officers; created and informed members of leadership opportunities and other educational programs

President

- Presided at business meetings
- Prepared messages for newsletters
- Established and maintained good communication with members
- Acted as club spokesperson to media, community, and other clubs

VP - Education

- Directed programming for meetings and contest events; selected educational programs and speakers for meetings

- Managed complex scheduling needs of group
- Presided at meetings

VP - Membership

- Created and supervised new member orientation and mentor programs
- Instituted program to greet and welcome all guests
- Recommended and implemented program to recruit new members and increase retention of current members
- Reviewed and recommended membership applications to the club

VP - Public Relations

- Edited, designed, and published club newsletter
- Assigned and prepared articles for publication
- Publicized special event details to print and news media
- Preserved copyright/trademark protections

Secretary

- Recorded official minutes of all regular and special meetings, and executive committee meetings
- Submitted detailed reports to headquarters
- Maintained membership roster

Treasurer

- Processed accounts payable and receivable; kept complete and accurate records of all financial transactions

- Prepared and filed membership reports
- Presented financial reports to members

Sergeant-at-Arms

- Negotiated sites and caterers for meetings and special events
- Maintained club protocol at all meetings and contest events
- Maintained all club equipment and materials

You can gain visibility and build your image as a leader by actively participating in club meetings and district events, giving positive feedback, and encouraging others to get involved.

You can learn new skills at Toastmasters that you can transfer to your career. These include people skills, delegating, maintaining a positive attitude, communications, and leadership.

Your Toastmasters experience can open doors and windows of opportunity. Think of your volunteer time as investing in your career.

Adapted by Pat Garcia Duggan, Division F Governor, based on "Put Your ABWA Experience To Work For You" *Women in Business*, July/August 1993, p 16-17.





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