



THE **FOURCASTER**



Volume 65, Number 3
April 2001

www.d4tm.org

News and Information for
District 4 Toastmasters

In This Issue

San Mateo TM Club Turns 60	1
Speaking of Yoga	1
Excellent Diane	2
Monterey Dispatch	2
Good News	2
Governor's Message	3
Help Wanted	3
Candidate Statements	4-5
The Face of Toastmasters	6
Taming the Butterflies	6
Realignment News	7
Conference Proxy Notes & clip-out form	7
The Right Program	8
Eloquent Ray	8
Awards, Kudos	10
TMs Volunteer	10
Excellence in Training	11
Cheers	11
Thank You	11
Mission Statements	back

San Mateo celebrates 60th Anniversary

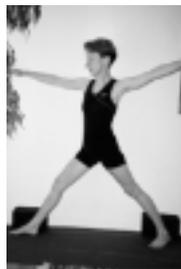
by Nina Dees, DTM

On April 10, 2001, San Mateo Toastmasters celebrated their 60th Anniversary. In the style and aplomb which has made the club outstanding, they hosted an event at The Hillsborough Plaza Apartments' social room. Attended by approximately 60 people at the invitation of President, Brenda Caine, the guest list included: Diane Vaughn DTM Region 2 International Director; Tom Dennis DTM, Lt. Governor of Education and Training; Charles Butterfield DTM LT Governor of Marketing; Randy Preston ATMS District Governor; Bill Woolfolk DTM Past International Director; as well as past, new, and current club members. They gave congratulatory speeches to the club on achieving the sixty-year milestone, in the true manner of Toastmasters' excellence.

(cont'd on page 9)

Speaking of Yoga

by Terence Keane & John Angelico



Martha Patt is an amazing woman. When she was 21 years old, she lost the vision in her right eye. But it returned. When she was 25, her right hand stopped working. Two weeks later it was back to normal. At 26, Martha started "limping and lost sensation from the waist down." Although these symptoms eventually subsided as well, that trip to the emergency room resulted in a frightening diagnosis: multiple sclerosis.

(cont'd on page 9)

Monterey Musings

by Cindy Brown

Here's some info on an interesting club:

Where in District Four can you listen to speeches on globalization in Japan, Polish history, and the life of an international student attending graduate school in the United States? Pay a visit to **MIIS Toastmasters**, club 4024, meeting weekly at the Monterey Institute of International Studies in (of all places) Monterey. As Area A-1 Governor, I recently completed my spring club visit to this group, and enjoyed an informative and well-run meeting. Speeches and Table Topics were well-prepared, and the evaluations specific.

The club president, **Sonja Eggert**, is also functioning as the club's VP Education and VP Membership, and sends out detailed motivational and educational emails to the group both before and after each meeting, outlining members' responsibilities, reviewing their educational goals, and doing everything she can to keep them motivated. Until recently, follow-up evaluations of each meeting were also included.

The club meets weekly from October-May. It is my hope that my successor as Area A-1 Governor will see its members participate in Area, Division and District contests.

What's that you say? You did all ten Speeches and you're now a CTM? Guess again, pal! If you didn't turn in your paperwork, you're not officially a CTM yet, so...

Turn in your CTM paperwork!

Some Gossip - and Good News!



One of our outstanding District 4 Toastmasters, **Steve Dellaporta**, and a lovely Seattle "babe," Janine Groth, tied the knot at the nautical Seattle Yacht Club on March 3. They immediately became airborne and sped to the islands to do the hula and some scuba. If you haven't already, congratulate Steve on his new life adventure.

Thanks to **Lee "Keep the blue side up" Dimmitt** for passing along this juicy tidbit.

Diane is Excellent!

Congratulations go to **Diane Vaughn**, DTM, International Director, Region II, who has been selected to receive the "Spirit of Excellence Award". This award is given by KNTV – Channel 11 to someone who is a community leader and gives of their time to a worthwhile cause. Diane was nominated because of her dedication to promoting toastmasters, which enables members to improve their communications skills. From this there are many success stories through growth of its members.



- Shirley Farrell-Cowles

THE FOURCASTER

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The Fourcaster is published three times per year to benefit the Toastmasters International members of District Four and all who read The Fourcaster. The Fourcaster publishes news and information for District Four TMs, which includes events and accomplishments for club, area, and division level participation in Toastmasters International.

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Thank you to: my home club Sierra Speakers, Shirley Farrell-Cowles, Randy PReston, Tom Dennis ...but especially P.

www.d4tm.org

When I was in high school, I was on the swim team. In my senior year, at the championships, I swam in the finals for the 100-yard butterfly.

The race is 4 laps across the pool. Almost as one, the pack surged across the pool in the first and second laps, and it was only in the third lap where there started to be some real separation. As we turned for home, it was the fourth lap that determined whether we would be win.

We're in the fourth lap in the Toastmasters year. For the clubs, this means pushing for Distinguished Club recognition. A club with 20 or more members or a net growth of five members that achieves five of the following goals is recognized as a Distinguished club: 2 CTMs, 2 more CTMs, 1 ATM, 1 more ATM, 1 CL/AL/DTM, 1 more CL/AL/DTM, 4 new members, 4 more new members, 4 officers trained in summer and 4 in the winter, 1 officers list and 1 membership renewal in on time. If a club gets seven of these goals, it is recognized as Select Distinguished, and nine goals earns the club recognition as Presidents Distinguished. It can be done if we do our best.

The Areas and Divisions also have goals that they are trying to accomplish. Like the clubs, their goals focus on educational achievement and membership and getting the paperwork in on time. Can our Areas and Divisions be distinguished? It can be done if we do our best.

Most importantly, though, is the membership. We are working on our own personal goals. Those goals may be different from member to member. One member may want to just be able to stand without hearing his knees knock together. Still another member may want to learn to be more forceful, and still another member may want to develop a new aspect in leadership. These goals are transitory. As we reach a goal, we look for new goals and new ways to improve, and always,

we can achieve our goals if we do our best.

The current Toastmasters year ends on June 30. Let's do our best to be successful and by doing the best, we will make our clubs the best, too.

So back to my swim race, you probably are asking, did I win the race.

My fastest time in the 100-yard butterfly was 1:02.5, but I hadn't swam that in over a year.

Two weeks before the championships, I saw my old coach at a swim meet and he pointed out a critical flaw in my kick. In the two weeks that followed, I worked to fix the flaw.

The day of the event, I swam the event in 1:00.8, a new personal best and chopping nearly two seconds off a previous best I hadn't swam in over a year, and I qualified sixth out of a field of eight. I swam the finals in 59.6, chopping another second off my new personal best, and almost three seconds off my previous best and I finished fifth.

I didn't bring home a ribbon that day, but I can honestly say I did my best. So I'll turn the question around. What do you think? Was I a winner that day?



Message from the District Governor Randy Preston, ATMS

**Wanted:
Fourcaster
Editor**

Do you have desktop publishing skills and a desire to help your fellow Toastmasters in District 4? Then you, my friend, should be the next Fourcaster Editor! It's a fun-filled extra-glamorous position with an unlimited expense account that opens many previously-closed doors.*

Contact current editor John Angelico (see masthead on page 2) for more info.

* some of this may not be true.

Don't dream it, Be it!



Q: How many CTMs does it take to screw in a light bulb?
A: Just one, but he has to turn in his completed CTM paperwork first.

Tom Dennis DTM/CL Candidate for District Governor

Understanding the Vision

"In the long run, men hit only what they aim at. Therefore.... They had better aim at something High."

- Henry David Thoreau

I remember giving my first Speech back in June of 1991. I know my only aim was the end of this very Long 4-6 minute Presentation. When my speech was finally Finished I found it difficult to sit Down, I found myself walking around outside the building trying to remember what I had just said. As an Experienced Toastmaster was evaluating me my speech started to come back to me. I had just realized my potential not as a Public Speaker but as a person who had some potential.

Toastmaster Vision

"Toastmaster's International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, giving them the courage to Change"

As your next District Governor my purpose will be to see that the Executive Committee Members understand the Toastmaster Vision. This will start with our;

Area Governors: Our Area Governors are the vital links with our Toastmaster Clubs. When they meet monthly with their Club Presidents they will show the clubs why a Minimum of 20 members is the right amount of members to maintain in the club. They will understand why the First Important goal for a New Member is achieving a CTM. They will envision themselves creating One new club for the District.



Division Governors: The Division Governors will Empower their Area Governors to reach their potential by achieving Membership, CTM and ATM goals as well as helping them Build One new club for their Area.

Becoming your next District Governor has been my Dream for sometime. I have held the positions of Club President, Area Governor, Division Governor, and Lt. Governor of Marketing and Lt. Governor of Education and Training. I have been one of the very Few District Governor Nominee's who will have held all Top Three posts in the District. This hasn't been done in over 15 years.

I am very proud to be standing where I am at in this moment. I feel very fortunate to be a member of District Four.

I would appreciate your support this coming May 19th at the spring conference

Shirley Farrell-Cowles, DTM Candidate for Lt. Governor Of Marketing



Did you know Toastmasters began in the spring of 1924? I also began my Toastmasters experience in the spring of 1980 and now look forward to expanding that in the spring of 2001 by being elected your Lt. Governor of Marketing.

How can your clubs benefit if I am elected? Your clubs can benefit as I plan to make the benefits of Toastmasters membership available to greater numbers of people. I plan to develop and direct programs for new club development, club rescue efforts, club membership promotion, and membership retention.

How can the District benefit from my being elected? I have served the District this past year as its Public Relations Officer and Speakers Bureau Coordinator, and feel I bring to you my experience and knowledge gained in 21 years in toastmasters. I will be an active officer of the District and a team player and constantly keep an eye on how we are doing!

If elected, I will accept this further challenge and do my best to uphold your expectations.

If you want strong clubs, continuous growth of new clubs, elect me to help you make this happen! Let's plan on being a Distinguished District next year! Together we can do it!

Linda S. Kenney, DTM Candidate for Public Relations Officer

I joined Toastmasters on July 1, 1997. The first club I belong to was in Founders District. I have:

- Ballot Counter for Founders District Fall Conference '97
- Area C2 Governor '98-99 (Distinguished) for Founders District
- Division C Governor '99-00 (Distinguished) for Founders District,
- Area F1 Governor '00-01 (President Distinguished) in District 4.
- Received my DTM December '00
- Conducted and organized Officer Training in Founders and District 4 for each of the different Club Offices.

- The Educational Chair for District 4's Fall Conference '00
- Created District 4's Officer Training Status for Spring '01
- Assisted in getting the Officers Lists to TI and for the Spring Directory
- Member of District 4's Speaker's Bureau
- Sponsored; Mentored; and Club Specialist for several Clubs

I want the message "Toastmasters is the Best Kept Secret" to be "Toastmasters is the organization to join for Communication and Leadership Skills"

Charles Butterfield, DTM
Candidate for Lt. Governor Education & Training

The primary purpose of the Lt. Governor of Education and Training is to:

1. Have every club become a distinguished club or better.
2. Provide direction and counsel to Division Governors, Area Governors, and club officers on the educational opportunities of Toastmasters.
3. Provide for the design and conduct of successful District Training Programs, Conferences, and other District educational events.

Some of the goals of the Lt. Governor of Education and Training are to:

1. Strive for accomplishment of District educational objectives, and achievement of Distinguished District.
2. Promote achievement of Competent Toastmaster and Advanced Toastmaster awards for all members.
3. Strive to make every club a Distinguished club.
4. Plan, organize and direct the District training programs.
5. Foster excellence in club educational programming through the use of Toastmasters programs Success/Communication, Better Speaker Series, Successful Club Series and other .
6. Plan, organize and direct the District Conferences.
7. Coordinate and supervise the International Speech

- Contest and other District Speech Contests at the Club, Area, and Division and District levels.
8. Supervise educational and training programs.
 9. Prepare successor to assume office.
 10. Provide assistance and backup to the District Governor as needed.

Excellence in club educational programming is at the heart of the factors that determine the success of the Club and the District as a whole. I see Toastmasters as an educational organization, much like a college. There are books and materials that one must buy and use in order to be successful. For Toastmasters, these include, but are not limited to the Successful Club Series, Better Speaker Series, Speechcraft, Success/Communication, and Success/Leadership Series.

We have an enormous opportunity in District 4 to improve programming at the club level. I have observed that the majority of the clubs in our district do not use these tools, even though they are essential to the success of the club, much like your books were essential to your success in college. The reason that I am most often given why a club does not use these materials is cost.

The most successful clubs in our District use these materials on a regular basis. One of my goals as Lt. Governor of Education and Training will be to expand

the use of the Successful Club Series, Better Speaker Series, Speechcraft, Success Communication and Success Leadership Series to all of the clubs in our District.



Although, in my opinion, the clubs and members should be primarily responsible for the purchase of necessary educational materials, it is of critical importance that these materials be used at the club level. During my term as Lt. Governor of Marketing I began making the Successful Club Series and Speechcraft materials available to low member clubs at District expense. As Lt. Governor of Education and Training I will expand that program to make certain that Toastmasters Educational materials are used at the club level.

Cost should not be a reason that our Toastmaster Clubs are not using Toastmasters Educational Materials.

Elect Charles Butterfield Lieutenant Governor of Education and Training for District Four Toastmasters.

Dolores Bergen, ATMG/CL
Candidate for Division B Governor



As my term of Area Governor for B4 comes to a close, I've looked back and forward several times to when I first joined Toastmasters and to what I want to do next in Toastmasters. Having the opportunity to visit other clubs and meet new people renewed my energy and the excitement that I first had when I strived to reach CTM, or more recently, finished the High Performance Leadership program as

I move closer to DTM, which I will achieve upon completion of this term.

I enjoy personal challenges, and strive to constantly extend my comfort zone, thus the challenge of leadership. First in the club, making sure I had an opportunity to hold the various officer positions. Then, as Area Governor, visiting great clubs and taking the different styles of running a meeting back to my home club and

to the other clubs. My next step is to be elected as Division B Governor. I believe that being involved in an organization, whether at work, church or in the community, brings one greater knowledge of the organization, allows one to work in a different environment, enriches the way one works, and as a result, brings a renewed enthusiasm that is contagious to others. Contagious Enthusiasm can generate the will to support others; other members in a club, other clubs in an area, other areas in the division, and so on. It can also generate success. If elected as Division B Governor, I promise to bring Contagious Enthusiasm to the division and district and represent the division to the best of my ability.

"I want a God with a face on!" was the little girl's plea to my Senior Pastor, which I overheard on a recent Sunday morning.

The girl was not satisfied with a generic, abstract, ethereal description of the only creator she has known. She wanted a non-abstract description, something clearly stated that will help her to understand what he is all about. Well, it is the same for any person visiting or joining a Toastmasters club: They want a clear description of the benefits of Toastmasters.

While visitors or new club members may be familiar with the credo of Toastmasters (i.e., improving one's communication & leadership skills), they still want to put mental "edges" around the exact benefits of joining a Toastmasters club. These people require a concrete answer to the basic question: "What's in it for me?" Let's face facts. Most people join a Toastmasters club to advance their personal or professional goals. But during the short time that you have a person's attention, what key benefits should you describe to a visitor or new club member?

The Face of Toastmasters

by Sam Marines, ATM-S

The answer is this: put a clear "face" on Toastmasters by describing the following benefits.

The skills practiced during club meetings are work-transferable skills. For example,

- When volunteering as Table Topics Speaker, you must learn how to respond to a question confidently, quickly, and competently. When participating in Table Topics, you practice including the few key items in an impromptu answer.
- When scheduled as Speaker, you must deliver a presentation. When speaking, you practice organizing the basic components of a speech, you practice honing some of the finer points of speaking such as using appropriate gestures, and you practice the delivery of your speech before presenting it.
- When scheduled as Evaluator, you must deliver a stand-up critique of another person's work. When evaluating, you practice how to present constructive criticism in front of a group of people.
- When scheduled as Ah Counter or Grammarian, you must listen carefully. Before delivering the Ah Counter's or Grammarian's report, throughout the entire meeting you practice listening critically for unnecessary "filler words" or poor uses of language. During your final report, you raise

the awareness of the used items, so members will make concentrated efforts to eliminate those bad habits from their future speaking repertoire.

- When scheduled as Toastmaster of the Day, you must organize a club meeting. As Toastmaster, you practice following the basic components of meeting preparation and how to control a meeting (e.g., contact people beforehand, provide an agenda that lists agenda items and meeting responsibilities, ensure the meeting starts and ends on time, etc.).

Do any of the above skills that you practice at a club meeting resemble any of the skills you would like to transfer to your place of work? Stated differently:

When at a work-related departmental meeting, and you are asked a question in front of your peers, how many of us want to respond confidently and competently? (Now think of the skills practiced as a volunteer Table Topics Speaker.)



How many of us want every one of our presentations to come across as professional, the information to be clearly understood, and the delivery to be effective? (Now think of the skills practiced as a Speaker.)

When you are asked to give feedback about a person or situation, how many of us would like to have our constructive ideas so well received that the recipient is inspired to the point where they integrate our suggestions into their behavior or work project. (Now think of the skills practiced as an Evaluator.)

How many of us want to be aware of our use of Ahs/Ums or poor grammar in our speaking, which makes us sound unsure of our thoughts or improperly educated? (Now think of the purpose of an Ah Counter and Grammarian, respectively.)

How many of us want to efficiently organize, hold, and control a meeting? (Now think of the skills practiced as Toastmaster of the Day.)

So the next time you are asked what are the exact benefits of joining a Toastmasters club, don't respond with a generic or abstract answer. Instead, put a face on Toastmasters!

Sam Marines, ATM-S, is a member of Switch-On Toastmasters Club and the current Area B2 Governor.

Taming the Butterflies

by Samme Jacobson, DTM

Toastmasters has helped me in daily life. It has increased my self confidence in social situations. It has trained me to speak more concisely, effectively, and to avoid "ahs" and filler words. It has expanded my world of knowledge and experience. It has provided me with leadership training. And, perhaps most important of all, Toastmasters has provided me with fun, entertainment and new friendships.

Back in 1979, when I attended my husband Orlin Jacobson's Sequoia Toastmasters meeting as a guest once too often, I was nudged into reluctantly joining. Since then I have held all the club offices in Sequoia Toastmasters except Sergeant at Arms, was an Area Governor and became a DTM. Sometimes, however, I still get butterflies when it is my turn to speak.

The biggest butterflies I ever got were after I agreed to speak at a gathering of my husband's Valkoinen relatives in Finland a few years ago. I began to realize what a big event it was to be when the people in charge wrote and asked that I send a copy of my speech a month in advance so they could translate it into Finnish.

That caused a REAL problem. I don't write my speeches. I plan them verbally. I only jot down the opening sentence, proper names, statistics, and the closing sentence or sentences of a speech. I was stumped until I got out a tape recorder, and used it to tape my speech. Then, I listened to what I had said and wrote it down. That solved the first hurdle.

The second hurdle was that I was going to have to stick to exactly what I had written in order to match the Finnish translation. When I get excited, my vision blurs so I can't read what I have written. I solved that problem by memorizing the speech.

The third hurdle reared its head when I learned there was to be a really large audience of 2,000 people plus television and radio coverage. I finally tamed the butterflies when I thought to myself, "If I enjoy giving the speech, the audience will enjoy listening to it." It worked like a charm!!

Orlin and I are retirees now. We do not need good speaking skills to hold down a job. However we are not naturals when it comes to public speaking. For this reason, we continue with Toastmasters. It makes us better communicators, expands our world, and is also a lot of fun. This is how Toastmasters continues to help us in our daily life.

Samme & Orlin Jacobsen are members of Cupertino Toastmasters, the first club in D4 to reach all 10 goals in the Distinguished Club Program!

Upcoming Changes

Proposed realignment approved by the District 4 Operating Committee. This realignment is subject to review at the May 12 Executive Committee meeting. Contact your Area Governor if you think the report needs to be changed.

DIVISION: A	DIVISION: B	DIVISION: C	DIVISION: D	DIVISION: E	DIVISION: F	DIVISION: G
AREA: 1 934 4024 7120 8221 8275	AREA: 1 1898 3670 4148 4860 9473	AREA: 1 27 2752 5022 5707 6669	AREA: 1 1401 1718 3873 5744 6521	AREA: 1 1244 1771 2766 5610 8172	AREA: 1 883 1560 7242 7402 9093	AREA: 1 2624 2914 2943 3328 4802
AREA: 2 1829 1939 2032 4547 8199	AREA: 2 1577 3626 4224 7281	AREA: 2 9285 1372 1435 4304	AREA: 2 65 2407 3976 4282	AREA: 2 1133 1243 4920 7806 8438	AREA: 2 3088 4004 4460 5015	AREA: 2 7975 1344 49 3976 2693
AREA: 3 1803 2425 5127 7481 8203	AREA: 3 107 3010 4930 6274 7380 8499	AREA: 3 6028 9622 9737 1618 33 2117	AREA: 3 5430 6776 1618 1881 5137	AREA: 3 3295 6790 7025 9109 5137	AREA: 3 5098 5234 4038 5399 7922	AREA: 3 3400 3465 4124 225 3104
AREA: 4 595 2373 3802 7929 8337	AREA: 4 2038 2494 5885 6980 8266	AREA: 4 8218 2840 3476 4648 7871 7932	AREA: 4 7394 4657 8218 318 342 949	AREA: 4 56 2203 9743 4542 6094 9825	AREA: 4 8124 9444 Gartner (new) AREA: 4 2760 5021	AREA: 4 4270 4606 4658 2569 3572
	AREA: 5 3927 5232 6654 9153 Hifin (new)	AREA: 5 4648 7871 7932 1341 4515 5825 9913	AREA: 5 1213 2168 2697 4175 191 530 4014 4368 4512 7190 9593	AREA: 5 2247 2753 6535 9408	AREA: 5 6645 7596 7998 8152	AREA: 5 7430 8589 Fair Oaks (new)

Notes:

1. Divisions A and E substantially the same as the 2000-2001 alignment
2. Divisions B and F changed to strengthen the Areas
3. Interfaces between Division C and Division G reworked to strengthen both Divisions
4. Interfaces between Division C and Division D reworked to strengthen Areas and geographically align clubs

A Note About Proxies:

Every year, clubs receive two proxy postcards in the mail. One has an "R" on it and the other has an "A" on it.

The one with the "R" is the proxy for the Region conference. Along with seven other Districts, District 4 is a member of Region II which includes California from San Francisco south, Las Vegas, and Hawaii. Every Club has a vote at the Region conference. Every year, one of the Districts hosts the Region conference. Since most club members don't typically attend the conference, the clubs can assign the votes to the District Governor or any Toastmaster to cast in their absence.

The postcard with the "A" on it is for Annual Convention held every year in August. Again, every club has a vote and again, every club can assign that vote to another Toastmaster.

The proxy postcards are pre-addressed to the District Governor. The easiest way to return these postcards is to fold them over so the address is on the outside, tape them together, cross out one of the addresses and mail them back. Should a club member want to attend and cast the club's votes, it's easy enough to do this. The District Governor can give the member a ballot to vote at the conference. Please though, to make sure your club's vote is cast, do turn these proxies in to the District Governor.

At the District level, TI does not mail out the proxy, and only a club member can cast the club's votes. Each club has two votes, but no voter can cast more than three votes, meaning that if a member is of more than one club, that member cannot cast the total votes available to all of the clubs the member belongs to.

We will be selecting the District officers for the next term and realigning the District as well as handling other District business. Your club's vote is important.

So use the form below. If your Club President and VP Ed can't make the Conference, another member of your club can vote by proxy. Forms must be turned in at the **Credentials Desk** prior to voting. The desk will be open during these times: 7:30-9:45, 11:45-Noon, 12:30-2:45.

Spring 2001 Conference Proxy Form

I, _____ President/EVP (circle one) of
 Club _____, Club # _____
 do hereby appoint _____ as a member in good standing of our
 club, to vote as my proxy at the District Council Meeting on May 19, 2001, 2:00 PM at the Sheraton
 Gateway Hotel.
 Signed _____ Date _____

It's the Right Program for your Club

by Tom Dennis DTM, Lt. Governor of Education and Training

The Distinguished Club Program has been designed to promote the Health of all clubs in Toastmasters International. When the Distinguished Club Program is followed the Toastmaster Club flourishes and the Membership retention stabilizes.

The Distinguished Club program focuses a club on the right things. The program has 10 Goals a healthy Club should focus on .

1. Two CTMs
2. Two more CTMs
3. One ATM
4. One more ATM
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 Officers Trained each Period
- 10 One semi annual membership report and One Officers List submitted on time

When the club maintains 20 Members or gains a Net 5 members they are automatically included in the Program.

- 5 Goals Distinguished
- 7 Goals Select Distinguished
- 9 Goals President's Distinguished

My home club Milpitas Toastmasters hit all 10 goals last year. We did a few things that kept the program alive:

1. We discussed the Distinguished Club Program at our Monthly Executive Meeting using the Club Success Plan.
2. We made a Check off list with the 10 Goals and made it available at every meeting. We filled in the names as each person accomplished a CTM or ATM. This recognized those who contributed to the program. We wrote out the New Members names as they joined our Club etc.

3. We broadcasted the DCP over the Club Email Egroup. This continually kept the program in front of everyone. It also showed those who made their Contribution to the Program

Every club in District Four should try and reach a Minimum of 5 Goals. When this happens the quality of their Clubs Improves Dramatically. Lets take a Look at the clubs who hit the minimum and better:

Reach for all 10 Goals and watch your Club climb to the Top. Is this the right program for your Club ?

Without a question, Its the only program.

President's Distinguished

4608 Cupertino 10 Goals!
Congratulations Cupertino!

Select Distinguished

0033 Lee Emerson Bassett 7 Goals
 4920 Techmasters 7 Goals
 6535 Speaking of Lunch 7 Goals

1435 SRI Organon
 2697 Peninsula
 7242 Milpitas TM
 7481 SCO
 9773 Xilinx

Distinguished

3927 Renaissance	5 Goals
4224 Switch On	5 Goals
6654 Silver Tongued Cats	5 Goals
9285 Oracle Orators	5 Goals
9093 Lucently Speaking	5 Goals
3572 Saratoga	5 Goals

Ray Maglalang, a member of So Eloquent Toastmasters Club in Milpitas (Club #883), was awarded the Knights of Columbus Milpitas Citizen of the Year award for 2000. What follows is an excerpt from the text of Ray's acceptance speech, delivered at a dinner award ceremony on March 17, 2001:

"...Giving our time & volunteering to our community is a great reward in itself and I would like to encourage all of you to enrich

**Ray is
 So Eloquent**

our (world) in this way. Share your experience, knowledge and enthusiasm with our community and experience the rewards for yourself. ... the gift of your time and involvement to our community is the most important ingredient for a great healthy, safe and successful community.

...Belief is the knowledge that we can do something; it's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So in belief there is power, our eyes are opened; our opportunities become plain, our vision become a reality.



... I would like to quote from Theodore Roosevelt: Do what you can, with what you have, where you are."

Our congratulations go out to Ray, his family, his community and So Eloquent, his Toastmasters Club!

Simon sez.... *Turn in your completed CTM paperwork!*

Yoga *(from front)*

A chronic illness of the central nervous system, MS is characterized by unpredictable waves of disabling symptoms. It may manifest as mild tingling in the limbs, or progress into complete blindness or paralysis. "Living with that unknown provokes a lot of anxiety," Martha admits.

But Martha manages this anxiety – and the fluctuating tide of MS symptoms – through her commitment to yoga. "When I was diagnosed, yoga really kept me from dropping off the deep end," Martha says, and she cites ongoing benefits from her practice. People with MS often experience difficulties with walking, fatigue, muscle spasticity, and mood swings, but Martha finds that the ancient meditative exercise helps keep such problems at bay.

"Yoga's helpful for everyone, not just people with MS," she continues. "It's for clear thinking and bright mind. It can keep us focused in this very stressful world."

That's why she's become a quiet crusader, helping transform the common approach to chronic illness. "After about ten years, I thought I'd better start sharing," she



Martha demonstrates the Seated Twist, or *Ardha Matsyendrasana*, which relieves stiffness and tension in the spine and promotes flexibility.

explains. But talking to people about such a personal issue can be very difficult, as it was for Martha.

"At USF - where I received my degree in Organizational Behavior - they encouraged us to join Toastmasters. And I knew I just needed to do this.

"One of my pet peeves was that people didn't really know about MS, but I always said, 'that's okay that they don't understand.' But that idea became harder for me to accept. So that's why I decided to speak out. And the best way to speak out is Toastmasters.

"My Icebreaker was a speech talking about my MS diagnosis and telling other people the story was something I had never done before. My voice was so shaky and I looked at the floor the whole time. I'm not sure anyone even heard what I said."

But as she continued with Sierra Speakers - www.alexium.com/sierra/ - her confidence grew. "The diversity of the members, the confidence and support they gave me were great. I became more comfortable expressing myself about and talking MS... the way TM is structured is great. You can't lose, because of the values they promote and the support they give - and also from what they write." (*Yes, we agree. -Ed.*)

"I joined the club and I think we had only five people, so naturally I became the Treasurer since I was the only one who worked in finances."

And it wasn't just speaking skills that Martha picked up from Toastmaster meetings. "Listening skills are really valuable, the evaluations, the grammarian roles, everything we do – to do well, you really have to listen. What is the interest of the



Martha Patt (r) and Jeanee Hoffman (l) execute the Extended Triangle pose, or *Utthita Trikonasana*, which teaches alignment and sense of direction

audience? What's their mood, how can I best communicate what I need to say?"

"It's amazing how it opens doors. I don't know if I'd be in the same position if I didn't have TM behind me. In fact, I **know** I wouldn't."

In the meantime, as part of her passion for bringing fitness to the MS community, Martha will complete the MS WALK in April. In the last 13 years, she's been a WALK participant 13 times. At her husband's urging, she attended the first WALK in 1989. "I cried," she remembers.

"Tears came to my eyes when the ambassador talked."

This year, Martha herself will be the event's Ambassador: she'll share her story with participants at the Tiburon WALK site, and then get them warmed up with yoga stretches.

For more information call 1-800-FIGHT MS or visit www.msconnection.org. Terence Keane is Director of Community Relations of the National Multiple Sclerosis Society. John Angelico is a member of Sierra Speakers.

60 Years *(cont'd from front)*

A "quasi" meeting format ensued with induction of new members. Besides a great line-up of mini-impromptu speeches, a special poem was written by Nina Dees CTM was performed by fellow San Mateo TM-ers, Brian Rausch and Joan Mersman.

The event was catered exquisitely by SM member and ATM Bronze, Elsie Robertson and finished off with cake and champagne. Guests were privileged to have live music, with selections from Yanni and Scott Joplin, performed by member John Lee on the grand piano.

With a view of downtown San Mateo's twinkling lights, it was an evening of true Toastmaster camaraderie which made clear what makes San Mateo a club of "winners" that has endured for six decades.

San Mateo Toastmasters 60th Anniversary Poem by Nina Dees, CTM

San Mateo Toastmasters is the place to be
Especially now when it turns a six-ty.
If an anniversary it is to be,
A worthy excuse for all to par-tee!

A club of folks who blab and chit-chat,
And soon it becomes such a good habit that,
They find with such skills they're soon to score,
So much good fortune forever more.

Once you get it, you're on your way,
Far up and beyond, it's hard to say,
Best yet to come, see day-by-day.
What once was hard, is now almost play.

Mateo is different beyond all the others,
Check them you'll see, you can have your druthers.
But the test of time still does stand,
And SMTM is the best in the land.

Don't wiggle or giggle or stare at the floor,
We'll teach you the basics and yet you'll want more.
Betcha we got more here in store!
For when words take flight from the tip of your tongue,
That's just when the fun has begun.

Parlay, persuade, confuse, and debate,
Are a few of the skills which make you so great.
The dance of your hand, a turn of your lip,
Will be journey enough to know of your trip.

A trip full of wonders and treasures unfold,
Each week as we meet, own a piece of this gold.
A bargain, a gift, the story is told,
Aren't we so lucky, SM is sixty years old.

Four new DTMs!

Tom Dennis, DTM, would like to recognize the **Extraordinary** efforts of the District Four members who have reached the highest level of achievement in Toastmasters International: The Distinguished Toastmaster award! Congratulations to:

Marilyn Collins, DTM

Daly City Toastmasters, #1881

Pat Garcia DTM

Santa Cruz Downtown, #1803

Linda Kenney DTM

Milpitas Toastmasters, #7242

Gene Myer DTM

Milpitas Toastmasters, #7242

Send in those completed CTM forms to:

Toastmasters International
PO Box 9052
Mission Viejo CA 92690
fax: 949-858-1207

You'll be glad you did! - Tom Dennis, LGET

Awards, Kudos and Laurels

Lt. Governor of Education and Training Tom Dennis, DTM, would like to offer special recognition to these individual Toastmasters for their exemplary performances:

The Top Three CTM Producing Clubs

1	6535 Speaking of Lunch	7 CTMs
2	4920 Techmasters	6 CTMs
3-t	4608 Cupertino Toastmasters	5 CTMs
3-t	9913 Electric Toastmasters	5 CTMs

Distinguished Area Governors

Mussa Khair, Area G5
Sam Marines, Area B2
Michelle Rousch, Area A3
Linda Keeney, Area F1

Top Three Area Governors for Top CTM producing Areas.

1	B2 Sam Marines	14 CTMs
2-t	C4 Judy Cook	12 CTMs
2-t	A3 Michelle Rousch	12 CTMs
3	G5 Mussa Khair	11 CTMs

Toastmasters Volunteer for the American Cancer Society Of San Mateo County

By Shirley Farrell-Cowles, DTM

March 2001 marked the kickoff of the American Cancer Society's Colon Cancer Awareness Campaign. This campaign is a call to action to get regularly screened for colon cancer.

San Mateo County's unit asked District Four Toastmasters if they could help out and the response was remarkable. Twenty-eight Toastmasters heard the call and offered to donate their time to promote colon cancer awareness. Twenty-three will be attending a two-hour training session on April 25th (including pizza and drinks) and this will be followed by speakers going out to various designated organizations to speak for 30 minutes.

Our thanks to the following toastmasters:

Ellyson Barnes	Elliott Mao
Karla Blanton	Hemant More
Katherine Bliss	Clare Mullin
Charles Butterfield	Jason North
Leticia Cadelina	Bharati Shirashyads
Karen Davis	Steve Speer
Liz De Clifford	Lynn April Statten
Shirley F. Cowles	Zet Torres
Cathie Hastings	M.V. Venkatesh
Linda Kenney	Gary Weiner
Celine Leung	Ann Williams
	Mickie Winkler

(For other speaking opportunities join the District Four Speakers Bureau. Log on to www.d4tm.org to register.)



Some of the folks responsible for really getting the word out - The Speakers Bureau braintrust hard at work: Tiger Harrison, Shirley Farrell-Cowles, Jim Griffin, Claire Mullin and Steve Dellaporta.

Help Wanted: Hotline Coordinator

District 4 needs a Hotline Coordinator. Contact Tertia Holeyfield for more info: 650-938-1240 or mongomoon@hotmail.com

Excellence In Training

By Tom Dennis DTM, Lt Governor of Education and Training

The Division Governors did a Outstanding job as their Division Leaders. They produced two trainings in July/August and January/February. Putting on these trainings takes some work. They first of all have to secure a location. They then have to find seven trainers. Then they had to prepare a meal for anywhere from 20 trainees to 100. These Division Governors produced 15 Clubs that had **100% Officers Trained**. Congratulations to the Clubs listed here. When we see a club reach 100% officers Training, we know they are serious about their Club and their leaders.

Milpitas Toastmasters	Silver Tongued Cats
Lucently Speaking	Adelante TM
SoEloquent	Xilinx
Penninsula TM	Renaissance
Point of Order	Pajaro Valley
Daly City TM	Seagate TM
SRI Organon	NPS TM
Oracle Orators	

Louis A Smith, ATMB
 Nicole C. Jackson, CTM
 Marcy McCrory, CTM
 Yebin Jiang, CTM
 Andrea M. Gordon, CTM
 Noni H. Howard, CTM
 Mary Sherlock, CL
 Joseph G. Cyr, CTM
 Kerry E. Kennedy, CTM
 Jennifer I. Miltzer-Kopperl, CTM
 Mary Ellen Rusch, CTM
 David P. Herman, CTM
 Janice D. Marshall, CTM
 Jose Rincon, CTM
 Sharon M. Corgile, CTM
 Joe C. Tacker, CTM
 Sue Jenifer, CTM
 Christine S. Tanner, CTM
 Elizabeth J. Risberg, CTM
 Iris I. Weise, CTM
 Ann Von Essen, CTM
 Tom Askeland, CTM
 James B. Thompson, CTM
 Joseph A. Pugliese, CTM
 Aaron Cole, CTM
 David S. Peters, CTM
 Franklin Chun, Dtm
 Corinna Zaglmayr, CTM
 Carmelo M. Quijano, CTM
 Tim Levin, CTM
 J. Renee Schnell-Smith, CTM
 David S Ginsborg, CTM
 Aline M. Cook, CTM
 Priscilla S.A. Sarinas, CTM
 Ruth G Fair, CTM
 Lan T. Le, CTM
 Varuna Sirabella, CTM
 Lane Parker, CTM
 Mariano Gamurot, CTM
 Judy Mohler, CTM
 Jeannette Shaw, CTM
 Anat Kedem, CTM
 Gregory A. Dorais, CTM

Bonny Kay Parke, CTM
 Michael B. Lindsey, CTM
 Pearlusia, CTM
 Remy Z. Riborozo, DTM
 Marilou S. Volbrecht, CL
 Pichit Sakultapanich, CTM
 Harry A. Holland, CTM
 Blaise R. Pabon, CTM
 David Andrzejek, CTM
 Alison Charter-Smith, CTM
 Alan Chiu, CTM
 Tam Nguyen, CTM
 Trudy Jones, CTM
 Jerry A. Machado, CTM
 Erma J Johnson, CTM
 William Ng, CTM
 Ou He, CTM
 Yitmin Liang, CTM
 Hans C. Tornieporth, CTM
 Stephen M. Barrager, CTM
 Nandini A. Acharya, CTM
 Sumaiya Reza, CTM
 Richard E. Geno, CTM
 Julie A. Blacklock, CTM
 James R. Arata, CTM
 David A. Ramsey, CTM
 Donald V. Baptist, Dtm
 Andrea N. Campbell, CTM
 Trisha M. St. Clair, CTM
 Elbert L. Jr Lane, CTM
 Katie Woy, CTM
 Kamalnayan K Trivedi, CTM
 Kc Tanner, CTM
 Susie K. Lorist, CTM
 Linda F. Grayson, CTM
 Alan Winsong, CTM
 Jon Mosby, ATM
 Dan Lee Hazen, CTM
 Karen R. Harris, CTM
 Chak Mamidipalli, CTM
 David Greenstein, CTM
 Kelvin Wong, CTM
 Jack Huang, CTM

Leslie K. Elmore, CTM
 Irfan Siddiqui, CTM
 Zsofia Orban, CTM
 Alan D. Pendleton, CTM
 Ronald F. Nield, CTM
 John Lindgren, CTM
 John A. Marks, CTM
 Dawn Ericks, CTM
 Robert B. Jacobsen, CL
 Angela M. Heckler, CTM
 Gregory A. Mccarthy, CTM
 Joyce Le Bombard, CTM



Cheers to these newly crowned CTMs

Anne Purcell, CTM
 Z. Alex Wang, CTM
 William J. Buckley, CTM
 Carmencita Valerio, CTM
 Wolfram Irsa, CTM
 Robert S. Sloan, CTM
 Joan H. Griffin, CTM
 Linda A. Logemann, CTM
 Anita V. Reid, CTM
 Eric Gray, CTM
 Alan L. Yuille, CTM
 Joseph D. Davison, CTM
 Sandra H. Mitty, CTM
 Bonnie Lee Snyder, CTM

Tom's Educational Tips The Distinguish Club Program

1. Work the Club Success Plan
2. Give your Club handouts on where the club is at Periodically.
3. Get your Club Information before your Meetings and update the Membership.

It's easy!

- Go to www.toastmasters.org
- > Info for Members
- > Club Information and Program
- > Distinguished Club Programs for Individual Clubs
- > Enter club number and click "submit"

The Club's DCP stats will come up Immediately. Print out these stats before Every Executive Committee Meeting.

Kristen Guerrazzi, CTM
 Marcelee Watkins, CTM
 Herman R Braggs Sr, CTM
 Suzanne Elicetche, CTM
 Gary R. Mitchell, CTM
 Betty J. Wilson, CTM
 Dennis L. Galloway, CTM
 Carolyn F. Jones, CTM
 Irene J. Bunner, CTM
 Ronald R. Mcdowell, CTM
 David W. Cooper, CTM
 Joyce A. Malsbury, CTM
 Pilly L. O'Donnell, CTM
 Linda S. Kenney, DTM
 Victor L. Peters, CTM
 Matthias Neeracher, CTM
 Connie L. Myers, CTM
 Pat Garcia, CTM
 Michele A. Roush, CTM
 Robert Leonard Ulicki, ATM
 Daniel A. Christian, CTM
 Mohammad S Mortazavi, CTM
 Amarnath Romakrishnan, CTM
 Daniel Ritzman, CTM
 Daniel D'SOUZA, CTM
 Jack Kelly, CL
 Kathy Stakey, ATMS
 Bill S. Mccullough, CTM
 Patricia G. Goukler, CTM
 Laury Lancaster, CTM
 Janine A. Charlton, CTM
 James Von Hendy, CTM
 Janet L. Fogel, CTM
 Shannon K. Tracy, CTM
 Dee L. Zichowic, CTM
 Karen L. Davis, CTM
 Peter L. Ziga, CTM
 Louis J. Wolner, CTM
 Emily M. Baird, CTM
 Henk F. Marsellis, CTM
 Christopher C. Coggins, CTM
 Tanja Beshear, CTM
 Rose C. Yeh, CTM
 Kevin Roe, CTM
 Nancy Rowley, CTM
 Suzanne Caldwell, CTM
 Isabelle Hall, CTM
 Chandra S. Ravi, CTM
 Jamie Meisel, CTM
 Tarun Bharti, CTM
 Robert S. Sipp, CTM
 Tim Mayo, CTM
 Praveen Narayan, CTM
 Robert T. Binkley, CTM
 Qi Lin, CTM
 Abigail Rosa, CTM
 George West, CTM
 My Linh Truong, CTM
 Kaye S Savage, CTM

I thank you all. I know, I know: It's supposed to be mine because I advanced the cause so much, but the cause is only worth it because of all of the people I work with and for. I've said this before and I'll say it many times more - but Toastmasters is all about people, and helping others to become better people.

It really can't get much better than that.

Thanks again!

Bruce Dalland, who recently relocated to Florida from the Bay Area, after winning the Area F-1 Toastmaster of the Year.

Janine Dellebake, CTM
 Kimberly Karaniuk, CTM
 Gloria Guidos, CTM
 Catherine Knapp, CTM
 Kjerstin E. Shireman, CTM
 Pete R. Friedrich, CTM
 Diane M. Ryan, CTM
 Susan E. Dolder, CTM
 Paul M. Hebert, CTM
 Arki Galicki, CTM
 Marcy Timberman, CTM

Q: Why did the chicken cross the road?

A: To turn in her-CTM paperwork!

The Mission of Toastmasters International

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality. Through its member Clubs, Toastmasters International helps men and women learn the arts of speaking, listening and thinking — vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its world-wide network of Clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

The Mission of the Club

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.

2001 Spring Conference coming!

Toastmasters International
Region II District 4 Division E
presents:

Clues to Excellence

the 2001 Spring Conference with
Tall Tales & International Speech
Contests.

Saturday, May 19, 2001
Sheraton Gateway Hotel
600 Airport Blvd.
...in lovely Burlingame!

For Information Contact:
Janice Horn (D/E) 510-839-3531
or visit www.d4tm.org

Remember folks, turn in your completed CTM paperwork as soon as you complete speech number ten!



THE FOURCASTER

John Angelico
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