



The FOURcaster



VOLUME 75, ISSUE 2 WINTER 2009/10

DISTRICT 4 TOASTMASTERS



INSIDE THIS ISSUE

OFFICERS STATEMENTS

- 10 - District Governor
- 10 - Lt. Governor of Education & Training
- 11 - Lt. Governor of Marketing
- 11 - Public Relations Officer

PAGE FOUR

- 4 - The Social Page!

FALL CONFERENCE RECAP

- 2 - District 4 Fall Conference: The Magic of Toastmasters!
- 3 - Conference-At-A-Glance
- 5 - Conference Awards
- 7 - Scenes from Gary Schmidt's Club Visits
- 8 - Contests-At-A-Glance
- 9 - Magical Mystery Tours

FEATURES

- 5 - Advanced Club Profiles
- 6 - Yahoo Yapsters First to Achieve Select Distinguished Status

ANNOUNCEMENTS

- 12 - Public Service Announcements
- 12 - Tips and Tricks
- 12 - Contacts
- 12 - Quick Links

New Year's Resolution #1: Register for the Toastmasters Leadership Institute in San Jose on January 9

Start your New Year off ahead of the game - sign up now for the Toastmasters Leadership Institute on January 9 at Cadence AHgorithms in San Jose. The cost is \$15.

For Club officers, get your training under your belt early! All members are welcome to take advantage of the hearing the keynotes and participating in the educational break-outs and workshop.

**Register
HERE!**

Craig Valentine, 1999 World Champion of Public Speaking, is the featured speaker!

Additional credits include:

- Won Salesperson of the Year (3 times) for Glencoe/McGraw Hill's Mid-Atlantic Division
- Won a Congressional Achievement Award from the United States Congress for excellence in communications
- Earned the Distinguished Alumni Award from Johns Hopkins University

Educational Break-Outs

- Build your Membership
- Motivate your Club Members
- Distinguished Club Program

Cadence Design Systems, Bldg. 10

2655 Seely Avenue
San Jose, CA 94134

AGENDA

- 8:00 am - 8:45 am
Breakfast and registration
- 8:45 am - 9:00 am
Introductions
- 9:00 am - 10:00 am
Keynote by Craig Valentine
The 4 R's to Remarkable Results through Leadership and Change
- 10:00 am - 11:00 am
Educational Break-Outs
- 11:00 am - 11:45 am
Lunch
- 11:45 am - 1:15 pm
Officer Training
- 1:15 pm - 1:30 pm
Break
- 1:30 pm - 3:00 pm
Workshop by Craig Valentine
How to Master Storytelling for Better Speaking

For questions, please contact:
Mike Barsul, LGET
lget@d4tm.org

Dhwani Shah, Division F Governor
dhwani.shah@gmail.com

The Magic of Toastmasters

THE CONFERENCE RECAP ISSUE

If you were at the conference, you'll enjoy the memories of the various keynotes, educational sessions, contests and fun with fellow Toastmasters! You'll find it all throughout this issue.

If you missed it - hopefully you'll join us in the Spring!



District 4 Fall 2009 Conference: The Magic of Toastmasters!

by Sherrie Osborne, ACB, ALB, Division H Governor, Event Chair/Project Manager

In November, a record number of Toastmasters attended the District 4 Fall 2009 Conference, where they experienced The Magic of Toastmasters! Thank you to all who attended for your support. And a special thank you to all who served on the conference team, contest team, or in another volunteer role at the event. Collectively, you enabled us to deliver a high quality program that, by all accounts, set a new standard of excellence Thank YOU!!!

Conference Team

As many of you know, I served as the event chair for this conference, with Frank Chen serving as the host Division Governor. However, it was the conference team that truly planned and delivered the event. Since July 2009, the team met weekly (mostly by phone but sometimes in person). Through solid teamwork, collaboration, and communication they delivered this high-quality event. I'm extremely proud of the conference team and its accomplishments. Congratulations, team, on a job VERY well done!

Survey Results

Thank you for your feedback regarding the conference and breakout sessions. Your comments clearly indicate that we achieved our goal of providing you with a magical Toastmasters experience at the conference. And, as is to

be expected, there are also areas for improvement. We value your honest feedback and are committed to using it to make improvements in the future.

Save the Date!

The Spring 2010 conference will be held on 5/14/10 - 5/15/10. It will be hosted by Division A, in the Monterey or Santa Cruz area. If you would like to serve on the event team or as a volunteer at the event, please contact the event chair [Rachelle Onishi](#). We hope to see you there.



Mike Barsul, LG&T presents flowers to Sherrie Osborne, Event Chair/Project Manager.



Conference Team:
Event Chair/Project Manager: Sherrie Osborne
Contest Chair: Jacqueline Hamm
Host Division Governor & Hospitality: Frank Chen
Finance Chair/Budget: Jennifer Chan, Jim Hicks
Registration: Eric Klein, Miriam Kojnok, Anna Lien
Decorations: Shilpa Vir
Publicity: Birgit Starmanns
Opportunity Drawing/Silent Auction: Vidya Jayagiri, Oksana Walton, Alexandra Watkins
Conference Planning & Logistics Chair: Oksana Walton
Conference Program and Video: Robert Tang
Facilities/AV Planning & Catering Chair: Phil Taylor

Conference-At-A-Glance

by Sherrie Osborne, ACB, ALB, Division H Governor, Event Chair/Project Manager

This year, we were privileged to have Gary Schmidt, Toastmasters International President, at our event. In the days before the Conference, Gary attended a number of club meetings, including one at SF MOMA and Silicon



Gary Schmidt, DTM, Toastmasters International President, addresses attendees during the conference.

Valley stalwart Yahoo Yapsters (see page 7 for a complete list of Gary's visits). At the conference, Gary delivered a keynote speech where he talked about his theme for the year: Confidence, Leadership, Service. He also delivered a breakout session for District 4 leaders, where he spoke about the importance of teamwork, collaboration, and communication in all our endeavors.

On Saturday morning, [Sheryl Roush](#) woke us up with sparkle! During her



Frank Chen, DTM, was the host Division Governor of the conference.

keynote, Sheryl took us through seven (7) SparkleTude™ Boosters to help us achieve our goals and dreams. She also inspired us with stories about her own life challenges and how she used these techniques to overcome adversity. Sheryl also conducted a breakout session where she provided us with numerous tips to help build and maintain healthy clubs by making every meeting magical!

Later that morning, [Patricia Fripp](#) gave a keynote where she inspired us by telling a story about a client who experienced significant advancement in his career when his confidence increased after she helped him make life-altering improvements in his life. Her message was one of hope: we, too, can achieve increasing levels of success by making targeted changes. Then she gave us a sneak preview into eleven (11)

techniques we can use to take our speeches from good to great! During a lively breakout session, Patricia coached participants in the use of these techniques and we observed the magical, transformational benefits of incorporating the changes that she suggested into our speeches.

During the Communication & Leadership (C&L) luncheon, we honored The George Lucas Educational Foundation for the role [Edutopia](#) has played in public education. The Foundation's Executive Director, Dr. Milten Chen, accepted the award on



Sheryl Roush, DTM, AS, energized the audience with her keynote speech.

behalf of this innovative organization for its efforts aimed at shining the spotlight on inspiring teachers and students.

The conference also included the Hall of Fame ceremony, where Toastmasters from our District were recognized for their educational achievements (see page 5 for additional awards presented). And, of course, there was the business meeting, where quorum was attained and ballot measures passed without issue.



Patricia Fripp, CSP, CPAE, gives attendees advice on their speeches.



Dr. Milten Chen showed a video of the Edutopia program to demonstrate the mission of his organization.



Art Maurice, still in character, after his 2nd-place finish at the Division F speech contest!



PAGE FOUR - GAINING MOMENTUM

One of the aspects of being Toastmasters is the fellowship - and fun! - that members share, be it at conferences, club celebrations, or simply honoring each other's accomplishments.

"Page FOUR" will be a single forum in which we can share our stories and photos - this replaces Faces of Four, Ambassadors of Four, and the District Four Scrapbook.

If you have stories or photos to submit, please write to pro@d4tm.org.

Area B5 Governor Lisa Stapleton and Qinyue Dan, member of SCUMBATs and winner of the B5 evaluation contest. Dan later went on to place second at the Division level.



Lorraine Wong and Robert Tang do battle with their light sabers - in honor of TI President Gary Schmidt's passion for Star Wars.



Birgit Starmanns was interviewed by Jack Hanson on Comcast Newsmakers, about Toastmasters in District 4. The interview airs on the Headline News channel.

For photos of our last several events and conferences, check out our photo albums here: <http://picasaweb.google.com/District4PRO> courtesy of Robert Tang.

ADVANCED CLUBS

An advanced Toastmasters club focuses on developing specific, advanced skills of their members. Advanced clubs typically have a minimum educational requirement, such as having achieved a CC, to allow members to join. In our last edition, you read about four advanced clubs - find out about two more now!

Evening Stars Toastmasters

Birgit Starmanns, ACS, ALB, Public Relations Officer

Once a month, members of the newest advanced club in District 4, Evening Stars, come out and shine!

Formed under the sponsorship of Alexandra Watkins and Mike Barsul, the mission of Evening Stars is to truly raise

the bar for advanced speakers. We encourage speakers to be creative and experiment with new styles and content, to allow them to stretch their skills and expand their comfort zone; speeches are followed by round-robin evaluations. Table Topics are equally creative, featuring unconventional, fast-paced themes.

The fellowship of club members was already evident at the second meeting - at

which the club had enough members to charter in record time!

The Evening Stars meet on the first Friday of the month in San Francisco. Members should have achieved their CC or CTM educational; new members are brought on board through the sponsorship of an existing member of the club. If you are interested in attending a meeting, please contact our VP Membership, [Nii Mensah](#).

Peninsula Pros Toastmasters

Carl Thormeyer, DTM, District 4 Parliamentarian

Peninsula Pros is the advanced club on the Monterey Peninsula. Chartered in June 1991, we have a consistent record of innovation and excellence. We provide a venue for longer advanced manual speeches, as well as opportunities to do "dry runs" on longer outside speeches.

Evaluations are "round-robin", allowing a wide diversity of evaluative opinions. Speakers then get a "rebuttal" to refute or explain their actions!

We also feature special programs, such as various workshops, formal debates, parliamentary procedure, etc. One unique club programming feature is our semi-annual "Toastmasters Night Out" at the end of each August and February,

where club contest winners can practice their Area contest performance before the actual event and receive multiple evaluations.

CTM or CC designation is required for membership. Dues are minimal to encourage dual club membership. Please visit our Web site at <http://peninsulapros.freetoasthost.org> for more details.

Conference Awards

Mayor's Declaration

The Mayor of Santa Clara, Patricia M. Mahan, declared the second day of the conference, November 21, as Toastmasters Day in the City of Santa Clara!



Patricia Mahan and Gary Schmidt hold the proclamation.

Golden Quill

This award goes to the editor of the best Club newsletter, based on content that fosters communication, layout and readability. This Fall, the recipient was Purnima Nandkishore, CC, of Redwood Ramblers Toastmasters.

Smedley Award

The Smedley Award goes to the clubs that add 5+ members during August and September. This year, 11 clubs earned this recognition:

- Lee Emerson Bassett Club
- Golden Gate Toastmasters Club
- Word Wizards Club
- San Francisco Club
- Talking Chips Club

- Evening Toastmasters Club
- Switch-On Toastmasters Club
- SCUMBAT Club
- Cadence AHgorithms Club
- Silicon Valley JETS (Japanese-English)
- Baytech Speak Easy



Gary Schmidt with (l to r) Henry, Jennifer, Birgit and Mike during the conference.



Yahoo Yapsters First to Achieve Select Distinguished Status

by Ganesh Natarajan, CL, Yahoo Yapsters VP Public Relations

Yapsters is a Yahoo corporate club and part of the Toastmasters International family. Yapsters started in 2004 with its emphasis on communication and leadership, which aligned well with the company's goals of investing in the future leaders of Yahoo! Since its inception, the club has seen a steady growth and currently has 32 active members. The club has added 18 new members since May 2009, and continues to attract members and guests from different parts of the organization.

including hosting many Toastmaster Leadership Institute (TLI) Officer Training events. Recently, it hosted Area G5's Fall Humorous and Speech Evaluation contests. Current Yapsters member Atul Nayak serves as Area G1 Governor, and Shu Chen as Division G Assistant Governor Marketing & Public Relations. Our current Secretary and ex-President Anup Patwardhan won the 2009 Fall Division Speech Evaluation contest.

The club has supported many other clubs by a member exchange program, with Yapsters members going and speaking in different clubs and inviting members of different clubs to speak at Yapsters. Recently, we had a member from another club visit Yapsters to give an evaluation to a manual speech. This member was preparing for the Fall Evaluation contest and appreciated being able to give her evaluation in a new setting.

The club continues to focus on delivering the highest quality of meetings and feedback to its members. Members appreciate feedback from their fellow colleagues as they work towards improving their communication skills. The club meetings are recorded and are made available online to all members. This allows the members to review their performances and apply the suggestions and feedback received to prepare for their next speech. The club has set up a website which includes many other training materials to help members grow.



Yapsters with Gary Schmidt (l to r): Atul Nayak (Area G1 Governor), Jeremiah Wuenschel (Sergeant at Arms), Jozef Hatala (Vice President Education), Gary, Ganesh Natarajan (Vice President Public Relations), Shu Chen (Division G Assistant Governor, Marketing & PR), Rahul Vadodkar (Treasurer), Anup Patwardhan (Secretary), Paula Z. Brown (Vice President Membership). Not pictured: Venkat Gajulapalli (President).

Yapsters became the first club in District 4 to achieve the Select Distinguished Status, achieving 7/10 goals in the first 4 months of the year! The goals achieved include: CCs (2) (Jianhui He and Rahul Vadodkar), ACs (1) (Shu Chen), CL (1) (Ganesh Natarajan), AL (1) (Atul Nayak) New Members (4), additional new members (11), renewals and officer list submitted on time

It was an honor for Yahoo! Yapsters Club to have Gary Schmidt, President of Toastmasters International, visit us in November. Gary presented an award to Yahoo Yapsters for being a high performing club. Gary thanked all the members and officers of the club for their contributions to the success of the club and the district. All of our members who visited the event had a chance to interact with Gary.

The next target for Yahoo Yapsters is to achieve President's Distinguished Club status and continue to live the Toastmasters values in supporting our members, District and the community.



Yapsters members are comprised of Yahoo employees from the Sunnyvale and Great America Campus. The members are from diverse cultural backgrounds and different departments within Yahoo. Yapsters meet every Tuesday from 12-1 pm at the Yahoo Sunnyvale campus. The club is operated in a well-organized and structured manner. The club takes great pride in providing a fun and supportive learning environment. All members are encouraged to participate and take roles in the meetings they attend.

Since its inception, Yahoo Yapsters has added tremendous value to District 4 and the Toastmasters International organization. We strongly believe in District 4 Toastmasters value of "Together we achieve." The club is very proactive in hosting and participating in Toastmaster events,



Scenes from Gary Schmidt's Club Visits



Gary Schmidt honors Susan Swope, DTM, PDG and Joe Madley, DTM, PDG for organizing his visits.

Gary, Jennifer Stephenson, ACS, ALS, LGM and Joe in front of SF MOMA.



Libby Garrison celebrates with the trophy Gary presented to her.



Tony DeLeon, DTM, IPDG and Alexandra Watkins, one of SF MOMA's mentors, with Gary at his visit to SF MOMA.



Susan kept the group on schedule!



Gary at Yahoo Yapsters



Gary honors Denny Weisgerber with a ceremonial presentation.



GARY SCHMIDT VISITS LOCAL CLUBS AND PROSPECTS

Prospect: Cork-Mark International South San Francisco

Toastmodernists, SF MOMA San Francisco

Prospect: Hanson Bridgett LLP San Francisco

Prospect: EPA Redwood City

Club in formation: Abbott Vascular Redwood City

Recognition of Denny Weisgerber 44-year Toastmaster, founding member North Valley Toastmasters. Milpitas

Club in formation: AMD Sunnyvale

Prospect: Plug & Play Tech Center Sunnyvale

Prospect: Qualcomm Santa Clara

Prospect: Salesforce San Francisco

Appreciation visit for hosting officers' training, contests, TLI Yahoo Yapsters, Sunnyvale

Photos courtesy of Susan Swope, Robert Tang, and Alexandra Watkins

Joe, Jennifer, Gary, and Henry Miller, DTM, DG prepare for Gary's day of visits.



Contests-At-A-Glance

by Sherrie Osborne, ACB, ALB, Division H Governor, Event Chair/Project Manager

For many, the Evaluation and Humorous Speech Contests are the highlights of the Fall Conference.

During Friday night's Evaluation Contest, our test speaker, LaTasha McDavid,

gave a humorous speech where she talked about her experience learning how to ski. Paul Hebert (Division B) won the contest with his enlightening and entertaining evaluation feedback.

Then, on Saturday, Periyannan Kirubakaran's won the Humorous contest with his speech titled "Arranged Marriage."



The experience of the test speaker, LaTasha McDavid, was a challenge for the competitors.



The winners of the Evaluation contest: l to r: Mike Barsul, Gary Schmidt, Paul Hebert (1st), Chris Pon (2nd), Darin Deterra (3rd), Henry Miller.



Robin Pomerance was the Toastmaster for the Speech Evaluation Contest.



Gary and 3rd place Humorous winner, Tonya Holloway.



Paul and his trophy.



1st place Humorous speech contest winner Periyannan Kirubakaran, with his trophy.



2nd place Humorous speech winner Duke Nguyen (center), with (l to r) Mike Barsul, Gary Schmidt, and Henry Miller.



Toastmaster Alex Hughes interviews Galina Fedorova, one of the contestants in the Humorous speech contest.



Magical Mystery Tours

This year, we had a new feature - a silent auction. But not just any silent auction - conference attendees bid on behind-the-scenes tours of some fascinating companies in Silicon Valley and San Francisco.

Below, you can see the companies and the winners of each of the auction bids.



Oksana Walton announces the winners of the Magical Mystery Tours.



Company	Last Bidder
YouTube	Riya Susing
San Francisco Zoo	Linda Feldbruggs
Stanford Linear Accelerator	Emmanuel Maysat
Pixar	Linda Feldbruggs
Hiller Aviation Museum	Maritza Kidd
Google Toastmasters	Darrell Batchelder
Million Dollar Handjob	Maximar Par
Academy of Arts & Sciences	Maritza Kidd
Yosh Perfume Workshop for 8	Oksana Walton
The Ultimate Speakers Package	Nancy Heifferon
Delux Hotel Weekend	Keith Hoang
Architecture Walking Tour	Stewart Alsg
Dinner at the Madera Restaurant	Schuck Muenzen

Both Gary Schmidt and Sheryl Roush were interviewed at the conference for taped segments to be aired on the Toastmasters Bay to Bay program.

Sheryl's segment was shown in the December show; Stay tuned for Gary's segment early in 2010!

Good Toastmasters will Keep them Coming Back

by Henry O. Miller, DTM, District 4 Governor

I recently read an article in the September 09 edition of our Toastmasters Magazine entitled “Mind your Toastmasters” which I highly recommend to all club members. In that article written by Toastmaster Dee Dees, DTM, PID, Dee cautions us club members to be always courteous and to always keep guests and potential new members in mind. I, too, believe that sometimes we take our club norms for granted and don’t take the time to explain these norms to guests and visitors. Taking a few minutes to make sure everyone understands the purpose behind your club’s unique customs can make the difference between a guest being just another visitor or a new member. Good Toastmasters is one sure way to building stronger clubs.

With today’s economy being what it is, many new members are shopping around

before committing to joining a club. New members are always seeking a supportive, friendly environment and may walk away with the wrong idea about your members, your club or even the Toastmasters organization if they feel that they were not included in the meeting they just attended. It may have been a well run meeting for the membership, but not for visitors and new members. Sadly, another new potential member may have silently faded away into oblivion without anyone being aware of how that visitor felt.

This can be easily fixed with some minor changes to the agenda. Taking a few minutes to welcome your guests always pays dividends in the long run. Find out what brought them to you and seat them next to an experienced Toastmaster who could answer any questions they may have during the meeting. Keep a note

pad handy to jot down answers to questions. It is always a good idea to have a special agenda for guests and visitors explaining club norms and the unique customs of your club. Just those little tweaks to your agenda can sometimes make all the difference between making a guest feel included and welcomed.



It is often said that if you build it, they will come. We also know that the true challenge is when they come, you have to find ways to keep them coming back. Good Toastmasters is one sure way to turn visitors into members. Good Toastmasters is one way to keep your guests and visitors coming back to you, your club and our organization. Build your club with Good Toastmasters and they will surely keep on coming back.

We’re at the Mid-Point!

by Mike Barsul, DTM, Lt. Governor of Education and Training



Here we are with 6 months down and 6 months to go!

This is a very exciting time for us

in Toastmasters because we can take a look at our Distinguished Club Program on the Toastmaster International website and check our progress. Many of those 10 columns will now have numbers in them, which means we have all been

achieving some of our Club’s goals. The columns that still have a “0” tell us immediately what we still have to do.

For Area and Division Governors, I mentioned back in our July training that the Toastmaster year is basically 2 parts of a whole. The first 6 months is when you are doing your first Division Officer Trainings, your first Area Speech Contests, your first Division Speech Contests. You are also busy developing your relationships with your team through your form of Area Councils, Club Visits, parties! Now it is time to reap the rewards of this effort by having even greater Officer Trainings in January and February, now you all know how to really put on a good Speech Contest.

And now it is time to enjoy your team!

I hope you all had a wonderful and enchanted Holiday Season, and that you are all invigorated with the Magic of the Season. Now it is January and time to come out “rockin’.” I am already preparing my keynote for the Officer Trainings in January and February . . . see you all there!



Club Growth

by Jennifer Stephenson, ACS, ALS, Lt. Governor of Marketing



Would you believe the Toastmasters year is half over? So far we have great success in the goal to “make the benefits of

Toastmasters membership available to greater numbers of people!”

Congratulations to the clubs that achieved the Smedley Award this year for gaining 5 new members in August and September! See the “Recognition” section of this newsletter for the list of winners. Club officers will continue to receive information about the next club [Membership Contests](#).

You can help grow your club membership by inviting a friend or acquaintance to join your meeting! Any member who successfully encourages 10 members to join their club this year will receive a [Toastmasters Canvas Portfolio](#).

To get credit, your name and club number must appear in the sponsor section of the [membership application](#).

To help get your entire club involved, we are offering an additional club incentive: The District will send a [pocket-sized notepad portfolio](#) to reward each member if your club has a net growth of 5 or more members from the year’s base (as of July 1, 2009) to the spring Dues renewal submission (due April 1, 2010).

We are also being joined by members of brand new clubs! Welcome to members of the following clubs who joined our District 4 from July-November 2009:

- Certified Party Animals #1332814 at Burr Pilger Mayer in San Jose, Area B3: 7/16/2009
- Voice Box #1349563 at Microsoft in Mountain View, Area C5: 8/19/2009
- We Speak #1394269 at Namco Bandai Games in Santa Clara, Area F2: 9/30/2009

- Toastmodernists #1346259 at SFMOMA in San Francisco, Area E5: 10/1/2009
- SolMasters #1385657 at SolFocus in Mountain View, Area C4: 10/6/2009
- Stand & Deliver #1409881 at Abbott Vascular Devices in Redwood City, Area H5: 11/17/2009

Reminder: Call for Volunteers! We need [Mentors](#) to support new clubs in their first six months, plus [Coaches](#) to help clubs with 12 or fewer members to grow and reach Distinguished Club status. If you can share your Toastmasters experience with another club, contact lgm@d4tm.org.

Thank you for supporting your club, and making Toastmasters available to more people in your community! I hope you have a wonderful holiday season, and I’m looking forward to kicking off the second half of the Toastmasters year in January with all the excitement and fireworks of a New Year’s Eve celebration!!

Who have YOU Told about Toastmasters Lately?

by Birgit Starmanns, ACS, ALB, Public Relations Officer

If we build it, they will come... but only if they know where to find it!

How did you first hear about Toastmasters? Chances are, one of your friends or colleagues encouraged you to visit your first meeting. Now ask yourself: in the first half of the Toastmasters year, how many of your friends and colleagues have you encouraged to visit a meeting?

With so many people making New Year’s Resolutions - it’s the perfect time to encourage others to reap the same

benefits that have helped us all by our membership in Toastmasters.

Recently, I was fortunate to be interviewed for a segment on **Comcast Newsmakers**, which is aired on the local Headline News channel in San Francisco and the Bay Area, to speak about - what else? - Toastmasters!

While I hope that this interview reached a larger audience, each one of us can encourage those we know to experience what Toastmasters is all about:

- If you have asked your family and friends to be a “test audience” for a speech - invite them to a specific meeting!



- Let your colleagues know how much more confident you feel in giving presentations since joining a club.
- Practice your “[elevator pitch](#)” to use as a conversation starter at networking events.

I wish each of you a happy 2010 - and hope to see you at our Spring training events, contests and conferences!

Quick Links for PR

[PR Resources](#)

[Bay to Bay Television Show](#)

[PR for TM Blog](#)





The FOURcaster



VOLUME 75, ISSUE 2

Public Service Announcements

Updating your E-mail Address in Toastmasters Records

If you have recently changed your e-mail address, please update it on the [Toastmasters International website](#). In District 4, we receive member lists from TI on a regular basis for distribution of announcements and the FOURcaster, but we do not keep our own database.

New Officers?

If your club elects officers every six months, don't forget to submit your new officers lists to TI [here](#) - the grace period is until January 15. It's one of the easiest points you can get in the DCP (Distinguished Club Program)!

Tips and Tricks

iUmmm for Apple Devices

As Toastmasters, we all strive to eliminate filler words. Don't have a piece of paper or form to count mis-used words during a meeting? Here's a solution - the [iUmmm](#) application, available for the Apple iPhone and iTouch. Simply add or edit the default filler words (including gestures), and tap your screen each time the speaker (mis)uses a word or gesture. You can even save the information by speaker and event, and e-mail out the results later!



DISTRICT 4 MISSION

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 individual members.
- Providing effective training and leadership development opportunities for Club and District Officers.

D4 OFFICERS

District Governor: Henry O. Miller
dg@d4tm.org

Lt. Governor of Education and Training: Mike Barsul
lget@d4tm.org

Lt. Governor of Marketing: Jennifer Stephenson
lgm@d4tm.org

Public Relations Officer: Birgit Starmanns
pro@d4tm.org

Treasurer: Jim Hicks
kr8vc@att.net

Secretary: Lorraine Myers
secretary@d4tm.org

Parliamentarian: Carl Thormeyer
thormey@yahoo.com

Sergeant-At-Arms: Michael Barnaba
michaelgbarnaba@yahoo.com

Division A Governor: J.C. Burns
j.c.burns@charter.net

Division B Governor: Ed Balocating
edbaloastmaster@comcast.net

Division C Governor: Frank Chen
franktchen@comcast.net

Division D Governor: Pankaj Amin
pamin@scven.com

Division E Governor: Alexandra Watkins
alexandra@eatmywords.com

Division F Governor: Dhvani Shah
dhvani.shah@gmail.com

Division G Governor: Alain Nonga
alain.nonga@gmail.com

Division H Governor: Sherrie Osborne
sherrie.osborne88@gmail.com

QUICK LINKS

[District 4 Website](#)
[Toastmasters International](#)

[D4TM on LinkedIn](#)
[D4TM on Facebook](#)

[Bay to Bay TV Show](#)