

THE FOURCASTER



THE RECOGNITION LUNCHEON, JULY 30 2011. DISTRICT 4 IS DISTINGUISHED 3 YEARS IN A ROW.

Are you hooked into Toastmasters?

There is a lot happening in District 4 Toastmasters! In this issue of the FOURcaster, read about the various programs that you can participate in to enhance your Toastmasters experience. You will hear personal stories from members on how the Toastmasters program has an impact on their lives.

Why not send this FOURcaster to someone thinking about joining a Toastmasters club? Tell them your personal Toastmasters story! And remember to visit the District 4 website www.d4tm.org for regular updates on club events, training and open houses.

INSIDE THIS ISSUE

- Meet Club Ambassador Soloman Salimi.....2
- The Club Fitness Program.....2
- Are you successful as a Club Coach?3
- Mentoring Magic.....3
- Done with Toastmasters? Try Youth Leadership.....4
- What if you had found Toastmasters at 13?.....4
- Toastmasters is the best thing I did for myself5
- Rewards & Recognition5
- Picture Gallery.....6

Send your comments and ideas for future FOURcaster issues to pro@d4tm.org

- Yvonne Kumi & Atul Nayak
Editors, FOURcaster.



CHRIS LIPP & JENNIFER HAO - DISTRICT 4 CHAMPIONS, FALL 2011

Congratulations

More than 250 Toastmasters attended the 'Discover Your Brand' District 4 Fall 2011 Conference on November 12, 2011. Chris Lipp won the District 4 Speech Evaluation Contest. Jennifer Hao won the District 4 Humorous Speech Contest with her speech titled 'Can I Make a Humorous Speech?'

Congratulations to the winners and a big thank you to all the volunteers and attendees who made the Fall 2011 Conference a memorable event.

Save the Date

Spring 2012 Conference on May 12 2012.

Meet Club Ambassador Soloman Salimi

The Club Ambassador Program encourages members to visit clubs and share best practices.



SOLOMAN SALIMI, CC

One of the first to sign up as an Ambassador was Soloman Salimi from San Jose True Talking Toastmasters. Soloman's journey with Toastmasters began only five months ago! He was thinking about joining Toastmasters for some time.

He also saw Toastmasters as a chance to spend time with his father. They discovered a club three blocks from his father's house, and they both joined the club. After 5 months Soloman is one speech away from completing the CC manual* and two leadership projects shy of completing his CL manual. Just in time to be recognized at the Fall District Conference on November 12, 2011. That's a dedicated Toastmaster!!

As one of the first Club Ambassadors, I wondered what Soloman thought about the program. "The Club Ambassador Program is genius! Each club has something different to offer and I have met so many amazing Toastmasters that I feel bad for those not able to travel to other clubs and meet these great folks. I've just been appointed Fundraising Chair for the upcoming District Conference and as a Club Ambassador I will share my experiences with all the clubs I visit."

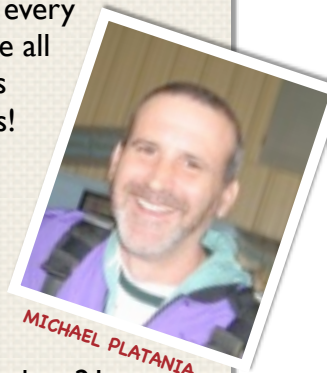
Soloman has also noticed a direct correlation between the completion of speeches and leadership projects and his successes in business. He says, "I am able to present my ideas more clearly and to take action on them effectively. I am building momentum towards my goals in business thanks to the Toastmasters program."

When Soloman talks about success, he is talking about more than money. "To me good health is paramount and my new venture is focused on nutrition. While it is important for me to be financially successful, I must also add value to my community and be their health advocate."

After witnessing his achievements in Toastmasters, I am confident he will be successful in every endeavor he sets his mind to. We are all grateful to have Soloman on board as one of District 4's Club Ambassadors!

- Michael Platania

Director, Club Ambassador Program
President, Rainbow Toastmasters
Email michaelplatania@comcast.net



MICHAEL PLATANIA

*Soloman was awarded a CC on October 21, 2011. Congratulations Soloman! Read more about Soloman's Toastmaster journey on the District 4 website (d4tm.org) under the [Faces of Four](#) section.

The Club Fitness Program

The District has started a new program called the Club Fitness Program – it's win-win for clubs with membership between 13 to 19 members and Toastmasters who need to complete their High Performance Leadership program. Here's how:

For a club feeling that they just aren't growing their membership, they have the opportunity to have a seasoned Toastmaster come in and help them grow. A third-person perspective can help a club visualize what needs to be done to build its membership.

For the Toastmaster who needs to complete a HPL this is a chance to build leadership skills that can be used in all areas of life and also help a club go from good to great.

Try it a try! You have everything to gain and NOTHING to lose!

To find out more about the Club Fitness Program, just email Art Testani at atestani@yahoo.com

Are You Successful as a Club Coach?

Key indicators that the club you are coaching is moving in the right direction

When in the middle of coaching a club, sometimes it might seem that nothing or very little is improving. That's how I felt when I was a Club Coach last year. Yet there were small changes that were starting to become the norm. As a Club Coach take note of some of these possible changes.

1. Members adapt an agenda format and try out changes to find the right fit.

What works for your home club may not work for the club you are coaching. Suggesting a change as simple as 'let's not combine the Grammarian and Ah Counter roles' or 'let's have a theme for this meeting' may get the club intrigued. They may hold a special meeting to introduce the new format, tell members about it and send copies to everyone for future Toastmaster meetings.

2. The President starts delegating more, and appears to be less stressed.

There is nothing more stressful to club officers, often the President, than feeling that all the work is on their shoulders. Delegating can be challenging for people not experienced in asking others for

help. Sometimes it takes a third party like the Club Coach to encourage the Club President to delegate. Check in with the President and ask if he or she feels if all officers are engaged and participating.

3. Members are recognized for achievements.

When members are acknowledged for the work they have put into themselves and Toastmasters, they are encouraged to do more; when it doesn't happen they start to lose interest. I have seen clubs with members who have completed their CC or CL, but it was not celebrated or even noticed. Encourage the VPE, as well as the others, to acknowledge the achievements of their members.

What other early indicators of success have you seen? Send your stories to me so we can share them with other coaches.

To coaching success!

- **Bernard Arias**

Club Coach Director

Email: bernardoa@gmail.com

10 THINGS TO REMEMBER AS MENTOR

1. ATTEND EVERY MEETING
2. ATTEND CLUB OFFICER MEETINGS
3. SPEAK TO THE IMPORTANCE OF EVALUATIONS & TABLE TOPICS
4. EVERY MEETING MUST HAVE A GENERAL EVALUATOR
5. USE THE 'CAKE' ANALOGY*
6. ALWAYS BE ON TIME FOR EVERY MEETING
7. STOP BAD HABITS BEFORE THEY TAKE HOLD
8. KNOW THE POWER OF MANUAL SPEECHES
9. PLAN TO END YOUR 6 MONTHS WITH A BANG!
10. REPORT BACK TO MIKE & RITA AFTER EVERY MEETING

* FOLLOW THE RECIPE, YOU'LL HAVE A CAKE. DON'T FOLLOW THE RECIPE, AND YOU'LL HAVE A MESS.

Mentoring Magic

We are keeping clubs healthy from the start with a new mentoring program. Immediate Past District Governor, Mike Barsul is the District 4 Marketing Advisor and Club Mentor Director and has created a Top Ten list that each mentor receives this year. This new program and regular communications is helping our mentors to be strong leaders and to reinforce all our new clubs.

Let's begin the mentoring magic!

- **Mike Barsul**

Club Mentors Director & Marketing Advisor

Email: mike@barsul.com

Done with Toastmasters? Try Youth Leadership!

Just when I was feeling that I had 'been there and done that' in Toastmasters, Sharon Corgile threw me a curveball. 'Have you conducted a Youth Leadership Program?' she asked. I had not. This was a chance to spend quality time with my niece, my nephew and their friends, so I said yes right away. My cousin rallied other supportive Silicon Valley moms and we planned to meet Wednesday evenings in the clubhouse of a Cupertino apartment complex.

The first day was my first time in front of a room full of kids - kids who had been signed up for yet another summer class. Would they even listen to a stranger trying to teach them communication with a foreign accent? I

brought up the first speaker Atul Nayak. When it was time for evaluations. Multiple hands shot up. These kids were not reluctant to give frank and encouraging comments! Alain Nonga was the Table Topics Master. He asked volunteers to pick a number and then posed a question corresponding to that number. One would think that this was too much suspense - I am used to the Table Topics Master asking the question first and then asking for a volunteer. The kids loved the format so much that for the next 5 weeks, all our Table Topics participants picked a question by choosing a number.

At the end of the first meeting, we picked leaders for the next meeting. With some assistance from the parents, the youth leaders ran the second meeting. The first and the last meetings were the only ones that I planned in detail. All the other meetings were planned, organized and executed by the participants with gentle guidance from me. Once

they knew I trusted their abilities, they started to enjoy the leadership opportunities and were committed to supporting each other.

Wednesday became my favorite day of the week! Listening to their speeches - pets and vacations to stereotyping and digital distribution - was the best part of the program. I saw how the Toastmasters approach of learning by participating was so much more effective than a traditional classroom teacher-student method. Kids who started out quiet and shy opened up as they heard their friends speak. Parents were surprised - "Are you sure she volunteered by herself?", "My son never talks!" The Youth Leadership Program reinforced the value of Toastmasters for me. I can't wait to do it again!

- **Dhwani Shah, DTM**



WHAT IF YOU HAD FOUND TOASTMASTERS AT 13?

Would things be different in your life? Think of introducing a small group of bright, young eager minds to public speaking. Watch the shyness and hesitation begin to fall away over the 2 month program. You can receive credit towards your Advanced Communicator Gold.

I've conducted Youth Leadership groups for eight years. Parents are amazed that the 8 week class can make so much difference. Young people are the future. The "harvest is indeed plentiful, but the laborers are few." We need your help. If you read this and think, 'YES! I can do that' or if you even think *maybe*.. please contact me at the address below. I would love to visit your club as well to speak to the members about Youth Leadership.

Toastmasters Youth Leadership - "Where future Leaders are Made"
Email: Sharon Corgile d4.yl.gavel.clubs@gmail.com
Director, Youth Leadership & Gavel Clubs

Toastmasters is the best thing I did for myself

I heard about Toastmasters from people at work. So I visited a local club (Stagecoach Speakers - 525 Market) one evening. The meeting was well organized with an agenda that listed speakers, speech information, roles, and the theme for the night. I was so impressed that I wanted to join the club right away, to improve my communication skills and to run an organized and effective meeting. I wish all my meetings at work were organized like this with an agenda in hand.

After being with the club for a year and half now, I am a better speaker and listener. I have to say that I am using everything I learned at Toastmasters in every aspect of my life. At work, I started counting my coworkers' crutch words - ah, um, and er at

AT WORK I STARTED COUNTING MY COWORKERS CRUTCH WORDS - AH, UM & ER AT MEETINGS.

meetings. My brain automatically switched into the Ah Counter role without realizing that I am not in a Toastmasters meeting! At the end of each meeting, I summarized what was discussed and the plan for the next meeting. I am less shy these days at social events. I mingle with others now instead of standing in a corner or talking only to people I know already. I pretend I am in a Table Topics session with them just like our club meetings.

All the communications I do today are tied to everything I learn at Toastmasters. To me, Toastmasters is like a classroom but everyone is a teacher. In a regular classroom, you have one teacher. At Toastmasters, you learn from every member of the club. The educational manuals guide you to become a better communicator and improve leadership skills. Toastmasters is the best thing I did for myself.

- Cynthia Liang

Rewards & Recognition 2011-12

EARLY ACHIEVERS

16 Clubs that have met 5 DCP goals & paid October dues by October 31 2011!
Every member of the club received Toastmasters pen sets.

Naval Postgraduate School Club
Monterey Institute Toastmasters
Pajaro Valley Club
Silver Tongued Cats Club
Xilinx Xpressionists Toastmasters
SCUMBAT Club
SAP Toastmasters Club
IMPACT Toastmasters
San Francisco Club
Stagecoach Speakers - 525 Market
Rhino Business Club
Golden Gate Toastmasters Club
Word Wizards Club
Cisco Speaks Toastmasters Club
Saratoga Toastmasters Club
Cupertino Toastmasters

Early Achievers & Golden Quill winners were recognized at the Fall Conference on November 12, 2011

BEST CLUB NEWSLETTER - GOLDEN QUILL AWARD

San Francisco Club won the Golden Quill Award for Best Club Newsletter. Congratulations to the editors Cindy Yu & Laure Williams.
Talking Heads Toastmasters was also recognized for entering the Golden Quill Award. Congratulations to the editors, Ceryl Susilo & Prajakta Godbole.

GO ALL THE WAY!

First 50 clubs to qualify for President's Distinguished Club status will get a new portable lectern (\$100 value).

BAG-A-BANNER

First 50 clubs with net gain of 10 members after April dues renewal will be awarded a new customized club banner.

PR AWARDS

Best Club Web Presence,
Best Club Video Profile, Best Club Newsletter

Clubs that meet the requirements for the 'Go All The Way' and 'Bag-a-Banner' awards can collect their lectern or banner at the Spring Conference on May 12, 2012, or at the Leadership Luncheon on July 21, 2012. Banners take 4-6 weeks for delivery. PR Awards will be announced at the Spring Conference on May 12, 2012.

IT'S VEGAS BABY!

DISTRICT 4 TOASTMASTERS ATTENDED THE TOASTMASTERS INTERNATIONAL CONVENTION LAS VEGAS, NV, AUGUST 2011.



TOP LEFT - DISTRICT 4 2011-12 LEADERS WITH INTERNATIONAL PRESIDENT 2010-11 PAT JORDAN



TOP RIGHT - DISTRICT GOVERNOR JENNIFER STEPHENSON & IMMEDIATE PAST DISTRICT GOVERNOR MIKE BARSUL WITH PAST INTERNATIONAL PRESIDENT GARY SCHIMDT & PAST INTERNATIONAL DIRECTOR KEN CAWLEY.



RIGHT - TOASTMASTERS FROM DISTRICT 4 BEFORE THE CELEBRATION OF BELONGING TO DISTRICT 4 - DISTINGUISHED 3 TIMES IN A ROW!



BAY TO BAY TOASTMASTERS
OCTOBER 2011



AREA B1 SPEECH CONTEST



DIVISION C LEADERS