



THE FOURCASTER



Volume 65, Number 2
Winter 2001

News and Information for
District 4 Toastmasters

Diary from the Fall Conference

by Anne Hu, Conference Chair

How many of you have ever attended the District 4 Conference? Whether you have attended before or not, this certainly was the most memorable conference I've been a part of. Since most of you who did attend our past conference were not involved in the planning stage, take a look below to read what happened behind-the-scenes on November 17 and November 18 this past Fall...

November 17, Friday night reception

I arrive at 6:15 PM to find a few people already there waiting at the registration desk. Knowing our registration chair Kyla Cragg wouldn't be there that night, I realize we have NO list of registrants! HELP! I quickly grab Tom Dennis and ask for his copy of our registration list, so I can check names and collect that all important \$\$\$ for the reception. Phew! I think we've averted Crisis Number One, I tell myself.

Diane Vaughn, new our new International Director elect, gives an inspiring speech on "Friends helping

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Thomas Shanks Receives District 4 Communication & Leadership Award

by Shirley Farrell-Cowles, DTM, D4 PRO

Thomas Shanks, S.J., received the Communication & Leadership Award at the Toastmasters International District Four Fall Conference held at the Biltmore Hotel in Santa Clara on November 18th. The Fall Conference - christened "An Era of Excellence" - was a fitting place for Tom to receive the award, given to a person who has shown the highest standards in communication, ethical conduct, and leadership in both professional and educational areas.

Tom Shanks is a Senior Fellow in Business and Public Policy at the Markkula Center for Applied Ethics and Associate Professor of Communication at Santa Clara University. He has also served as Executive Director of the Markkula Center and as its Director of Business and Public Policy Programs. He is also a Senior Scholar with the Washington, DC., Ethics Resource Center.

He has a BA. in Philosophy and Psychology from Saint Louis University, an M.S. In Education from Fordham University in New York City, a Master of Divinity from the Jesuit School of Theology at Berkeley, and a Ph.D. in Communication Theory and Research from Stanford University.

He was also listed in the Millennium 100 (S.J. Mercury news, December 19, 1999), as one of approximately 100 people over the last century who have "made Silicon Valley what it is today."

Throughout his career, Shanks has received various awards, grants and honors, including a University Strategic Initiative Advancement Award (1997), the President's Special Recognition Award for faculty (1991) and the Dean of Arts and Sciences Award (1996). "As Executive Director from 1992-1999, Shanks elevated the (Ethics) Center in the region's standard bearer for teaching the value of ethical conduct - not only in high technology, but also in the health industry, government, banking, public service and disciplines.

Toastrmasters International, District Four, is proud to honor Tom Shanks, Ph.D., with this year's Communication and Leadership award.

Did you make any New Years resolutions in 2001
 What is a resolution? According to my word processor, a resolution is a promise, a pledge, an oath, a vow. A resolution is a commitment, and as Toastmasters, we have a commitment to ourselves and to our clubs. We make a commitment to ourselves, to learn and grow through giving speeches and taking on leadership roles. We stretch ourselves by stepping outside the club, perhaps as a contest participant or as a District leader. We enrich our knowledge through the tapestry of experience that we get from our club members. As we nourish ourselves, we also give back to others, and this cycle of give and take continues to enhance our Toastmasters experience. A resolution is a commitment. Let's make the commitment this year to grow, stretch and learn through continued club involvement, and let us make the commitment to try something new as Toastmasters in 2001.

A resolution is resolve, determination, steadfastness, tenacity, firmness, perseverance. A resolution is staying the course, and as Toastmasters, we stay the course by staying focused on our goals. What goals do you have as a Toastmaster? We

know the barriers that keep us from accomplishing our goals. Commitments on the job and commitments in our personal life, commitments in time and commitments in energy, all of these are barriers toward doing what needs to be done. We know what we want to do but these barriers impose upon us, but they are a challenge to us as well. We have the goals, but how can we push past the course and stay the course. Let's stay the course and in the face of those barriers, let's still accomplish those goals.

A resolution is a solution, an answer, an end, an upshot, an outcome. A resolution is an end. When it comes to learning, there can never be a resolution. Learning and knowledge, experience and understanding, these come from the continued doing and renewal. We learn by doing. We learn by sharing. We learn by mentoring. Let's make the resolution that we will always continue our learning and growth through participation in Toastmasters.

Let us resolve then to make a Toastmasters resolution. We will make a commitment to ourselves and to our clubs and we will set a goal that we will accomplish and we will never, ever stop our continued personal growth through Toastmasters.

Did you make a new years resolution? I certainly hope so!!!



Governor's Message
 from Randy Preston, ATMS

Submit your Club's Newsletter for the Golden Quill Award!

If your club publishes a newsletter, consider submitting it for the Golden Quill Award, District 4's prize awarded twice a year to the best Club newsletter.

So what makes a good newsletter? Many things, of course, go into making a good newsletter, but the GQ is judged on content that best promotes:

- Club leadership
- public speaking track goals
- the club and
- its members

- and has articles that appeal to any reader, whether another Toastmaster or a guest to your club. (Remember, newsletters are great promotional tools that every guest should leave with. What better way to remember your club by?)

And while looks aren't always everything, layout and design do count in this contest.

TO ENTER: Mail a copy of three different issues of your Club's newsletter that have been published between

October 15th, 2000 and May 1, 2001 to:

John Angelico
 600 Page Street, Apt. 206
 San Francisco, CA 94117
 e-mail: angelico@sfgate.com
 415-447-6339 W
 415-701-9466 H

A Panel of Judges will determine the Best Newsletter and the Golden Quill will be presented at the Spring Conference.

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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.

Comments are welcome and may be sent to:

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 zealandab@aol.com

District Bulletin Editor
 John Angelico
 angelico@sfgate.com

Articles/Photos/Graphics for submission may be sent to:

Thank you to: Bill Henthorn, Reema Mahamood, Randy Preston, Patrick Santana, my home club Sierra Speakers, Tom Dennis, Shirley Farrell-Cowles ...and especially Patty.

www.d4tm.org

... Anne Hu's Diary

(cont'd from front page)

Friends to Succeed in Toastmasters." Over 40 guests rise and give Diane a standing ovation. This woman is good!

I'm happy to see over 40 guests attended the reception, but I quickly change gears and get busy working with the banquet captain to discuss our set up for tomorrow morning. Where is our PA system? Yikes!

November 18, Saturday

As I arrive at the hotel at 6:30 AM, I'm shocked to see our registration area in the atrium filled with dining tables. I then realize another group had booked the atrium area for a breakfast meeting. Arghhh! Where can I set up our registration desk? I immediately ask the day shift banquet captain to set up a few tables for us. But where is our microphone for our contestants? I do a lot more walking back and forth as the morning unfolds to make sure everything was in order. (By the way, this is a lot of exercise for me to handle in one day, but I appreciate these wonderful cardiovascular benefits TM provides.) As other members of the conference committee appear before 7:15 AM, I felt a lot better knowing I'm not alone. ...Wait, I just got summoned again to take care of a presenter's needs. Linda Kenney, our education chair is after me to get all the plaques for her presenters. As I set all the trophies out on a table, I realize the First Place trophy for Humorous Speech Contest is damaged, the head on the trophy actually fell off - what a joke!

Uh-oh, our District SAA Neil Shapiro is ill and not able to call the meeting to order. Of course I fill in for Neil. Then we have a County Teen Talent sing the National Anthem to start our conference on an uplifting note. Our keynote speaker Michael Allen shares with us some finely crafted words about opening our hearts and setting our goals. And guess what? Our plaque for Michael didn't arrive on time. That is so embarrassing! Oh no! I forget to confirm with the banquet captain on our total meal count by 10:30 AM.



Karrie Allen led the assembled troops as our Evaluation Contest Toastmaster. Brava, Karrie!

Kelly Emo displayed good form as she took first place in the Evaluation Contest.



Here's Conference Chair **Anne Hu** staying above the fray with a combination of wits and amplification.



Then I have to ask everyone to clear the ballroom as we reset the table for lunch.

... And here's how the rest of the day been at our Conference in fast forward mode: wonderful education sessions; a humorous speech from our Community & Leadership Recipient, Tom Shanks, followed by our new international director Diane Vaughn's motivational speech; the Hall of Fame; business meeting; the evaluation contest and humorous speech contest. Speech contests at this level are very competitive. Fortunately, I was not assigned to be a judge. My job of helping contests with their lavalier mic was a lot easier than trying to decide who the winner should be!

Our conference ends at 5:15 PM. Hey, this was the least expensive district conference in 20 years, and we got so much done without stretching into the evening! (hint, that means we saved some serious \$\$\$.) As Sugar promises to sign up to be a Toastmaster (remember Rocco and Sugar at all of the division contests?), everyone seems pleased as we closed the curtain for "An Era of Excellence, District 4 Fall Conference."

Our conference committee team was just excellent to work with. We actually had fun during our weekly planning meeting two months prior, and now their significant others are happy to get them back.

Planning a 200 attendee conference requires a lot of work and dedication. If you have not attended one, consider coming to the Spring Conference, and you'll certainly meet other enthusiastic Toastmasters beyond your club level. Then you will understand why Toastmaster has existed over 75 years and is still going strong.

Humor Contest Toastmaster **Vince Keats** kept things rolling admirably. Nice job, Vince!



Humorous Contest winner **James Keuhnis** kept his cool even as his trophy lost its head.

Scanning for Banners

by Shirley Farrell-Cowles

Where have all the banners gone? Whether it be an Area, Division or District event, Toastmasters banners make a great impact on the decoration of the room and show the audience exactly who is there! These are always hung at club level meetings, so why not bring them out and show them off at other meetings?! Please keep this in mind and make an effort to see that your banner gets to an event.

The Spring Conference is coming up. We would like to see as many as possible displayed proudly. They can be checked in with the Sergeant at Arms and picked up afterwards at the registration desk.

You can order a carrying case for your banner out of the Toastmasters catalog. This makes it easier to carry than having it in a box. And please bring your banner stand if you have one. Let's make a New Year resolution to take our banners where our Club is represented or Area or Division. Thanks!



The Lone Banner, just hanging around...

CTMs: Where are you?

Shirley Farrell-Cowles, DTM / District 4 PRO

Many Toastmasters in District Four have completed their basic manual this year, but have not had their completed form signed by their VP of Education and sent to Toastmasters International. It's only when this form - which is in the back of the Basic Manual - is received that you will be mailed your Competent Toastmasters Certificate of completion. This is a prestigious award to have - and you then get to wear your CTM badge! If you are reading this - and you've completed your tenth speech - please send the form in today or as soon as possible. You deserve this recognition! .. and speaking of recognition, see below!

Nandini A. Acharya, CTM
David Andrzejek, CTM
James R. Arata, CTM
Tom Emily M. Askeland, CTM
Donald V. Baptist, DTM
Stephen M. Barrager, CTM



Tanja Beshear, CTM
Tarun Bharti, CTM
Robert T. Binkley, CTM
Julie A. Blacklock, CTM
Bonny Kay Parke, CTM
Suzanne Caldwell, CTM
Janine A. Charlton, CTM
Alison Charter-Smith, CTM
Alan Chiu, CTM
Daniel A. Christian, CTM
Franklin Chun, DTM
Trisha M. Clair, CTM
Christopher C. Coggins, CTM
Aaron Cole, CTM
David W. Cooper, CTM

Sharon Marie Corgile
Joseph G. Cyr, CTM
Daniel D'Souza, CTM
Dan Lee Hazen, CTM
David S. Ginsborg, CTM
Karen L. Davis, CTM
Joseph D. Davison, CTM
Janine Dellebake, CTM
Susan E. Dolder, CTM
Gregory A. Dorais, CTM
Suzanne Elicetche, CTM
Dawn Ericks, CTM
Janet L. Fogel, CTM
Dennis L. Galloway, CTM
Richard E. Geno, CTM
Andrea M. Gordon, CTM
Patricia G. Goukler, CTM
Eric Gray, CTM
Linda F. Grayson, CTM
David Greenstein, CTM
Joan H. Griffin, CTM
Kristen Guerrazzi, CTM
Gloria Estela Guidos
Isabelle Hall, CTM
Karen R. Harris, CTM
Ou He, CTM
Paul M. Hebert, CTM
Angela M. Heckler, CTM
Herman R. Braggas Sr, CTM
David P. Herman, CTM
Harry A. Holland, CTM
Jack Huang, CTM
Nicole C. Jackson, CTM
Robert B. Jacobsen, CL
James Von Hendy, CTM

Sue Jenifer, CTM
Yebin Jiang, CTM
??J ErmaJohnson, CTM
Carolyn F. Jones, CTM
Kimberly Karaniuk, CTM
Kaye S. Savage, CTM
Anat Kedem, CTM
Jack Kelly, CTM
Kerry E. Kennedy, CTM
Laury Lancaster, CTM
Lan T. Le, CTM
Joyce A. Lebombard
Tim Levin, CTM
Linda S. Kenney, ATMG
Elbert L. Lane, Jr., CTM
John Lindgren, CTM
Michael B. Lindsey, CTM

Margaret (Marcy) M. Mccrory, CTM
Ronald R. Mcdowell, CTM
Jamie Meisel, CTM
Mohammad S. Mortazavi, CTM
Jon Mosby, ATM
My Linh Truong, CTM
Connie L. Myers, CTM
Praveen Narayan, CTM
Matthias Neeracher, CTM
Tam Nguyen, CTM
Ronald F. Nield, CTM
Pilly L. O'Donnell, CTM
Zsofia Orban, CTM
Lane Parker, CTM
Pearlasia, CTM
Alan D. Pendleton, CTM
David S. Peters, CTM

Daniel Ritzman, CTM
Kevin Roe, CTM
Abigail Rosa, CTM
Nancy Rowley, CTM
Diane M. Ryan, CTM
Pichit Sakultapanich, CTM
Priscilla A. Sarinas, CTM
Irfan Siddiqui, CTM
Robert S. Sipp, CTM
Varuna Sirabella, CTM
Louis A. Smith, ATMB
Lee B. Snyder, CTM
Joe C. Tacker, CTM
Christine S. Tanner, CTM
James B. Thompson, CTM
Robert Leonard Ullicki, ATM
Carmencita Valerio, CTM
Marilou S. Volbrecht, CTM
Ann Von Essen, CTM
Z. Alex Wang, CTM
Marcelee Watkins, CTM
Iris I. Weise, CTM
Alan Winson, CTM
Louis J. Wolner, CTM
Kelvin Wong, CTM
Katie Woy, CTM
Rose C. Yeh, CTM
Alan L. Yuille, CTM
Corinna Zaglmayr, CTM
Dee L. Zichowic, CTM
Peter L. Ziga, CTM

Congratulations!

...to these recently completed CTMs!

Susie K. Lorist, CTM
Chak Mamidipalli, CTM
John A. Marks, CTM
Henk F. Marselis, CTM
Janice D. Marshall, CTM
Mary Ellen Rusch, CTM
Gregory A. Mccarthy, CTM

Victor L. Peters, CTM
Joseph A. Pugliese, CTM
Carmelo M. Quijano, CTM
David A. Ramsey, CTM
Remy Z. Riborozo, DTM
Jose Rincon, CTM
Elizabeth J. Risberg, CTM

Have you ever heard the thunderous applause of four people trying to support their fellow speaker? I walked into our weekly meeting in August to see our smallest turnout in as long as I can remember: only 5 members! What was always been one of the top clubs in San Francisco, Cable Car Toastmasters,

After going over the worn-out ideas of sponsoring a membership-building contest, asking people to bring guests from work and putting an ad in the local business paper, we came upon the idea of an **open house**. This was just the plan we needed.

What happened at the open house astounded even the most optimistic of our members. Sixty people showed up! We modified our agenda to include a thought for the day, humor, a manual tip and an explanation by our VP of Education of how our club meetings run. I ended the meeting with a lively Q&A session and a compelling call for our guests to sign the already-filled-out applications under their seats and join our club.

The Rebirth of a Club

by Robert Graham

was now at an all-time low. We had to scramble and improvise just to fill all 75 minutes.

Elected as president of this once highly coveted club for the July 2000 term, I knew something needed to be done. We still had twenty or so dues-paying members, but only a handful were committed to coming with any regularity. The executive officers never held meetings, we rarely had more than one speaker per week and our club seemed to be dying a slow death.

As soon as the new officers were in, I called our first executive meeting. **We set some goals** for our club, then worked on coming up with a strategy to achieve them. The goals were simple:

1. Retain at least 20 active members
2. Have a minimum of 12 people per meeting
3. Start and end all of our meetings on time

Our goals for the open house were:

1. Attract at least 50 guests
2. Enroll at least 10 new members

I won't go into all the details of how we pulled off the most successful open house in the history of our club. Instead, I'll outline what we did that made it such a success.

1. Secured a fantastic speaker - Patricia Fripp, a founding member of our club, is now one of the most sought-after speakers in the country. It was a long shot, but I figured there was a chance she would be willing to help out her old club if she was in town. She agreed.

2. Set a date

3. Organized the catering - Since our club meets in the morning (7:00-8:15), arranging the catering was easy. We called the best muffin place in town and ordered strong French Roast coffee, fresh-squeezed orange juice, and enough delicious, muffins and scones to feed 50 people.

4. Publicized - This was the real key to our event's success. We knew that we could provide Dom Perignon mimosas and Bill Clinton himself, but without telling enough people about our event, we would not hit our goals.

Our PR attack had three arms:

1. Call all our old members.
2. Have our current members not only attend, but bring guests as well; some even sent out broadcast emails through their work.
3. One fearless member stood outside out local BART station on three different mornings handing out flyers.

Of the sixty guests that attended, ten of them joined. Last week, we had eighteen people in their seats at 7 am! Our club feels more energized than at any time in my seven years as a member.

The message to anyone concerned about his or her own club's low membership is this: **THERE IS HOPE!** Just follow our simple steps to throw a great open house:

1. Set goals
2. Secure a good speaker (be ambitious here - you never know)
3. Pick a date
4. Cater
5. Publicize



Lastly, commit your officers and members to the plan, then pursue it as if your club's future depends on it. If you are really serious about growing your club's membership and want to have a thriving club, throw the best (and possibly first) open house you have ever had and watch your club become reborn.

Robert Graham is President of Cable Car Toastmasters, has competed as high as the Regional level in the International Speech Contest, and is a firm believer in the power of orange juice, open houses and spreading the word.

Write for the Fourcaster!

Anything interesting going on in your club? Area? Division? Do you have a story to share about how TM has helped you? We'd all love to hear it, so send your material to:

John Angelico
600 Page St, #206,
SF CA 94117
angelico@sfgate.com



Keynote speaker **Michael Allen** gave us an uplifting message to start the day.

Twenty years ago a member of the Religious Science Church in San Mateo posted a notice for anyone who might be interested in starting a Toastmaster Club be present that evening. Twenty-four people showed up including this writer. Names for the club were tossed out verbally at random until Lyn April Statten yelled out "High Spirits", which was unanimously accepted. High Spirits quickly fulfilled its name until membership soared to 40 members. October 15th of this year was the 20th birthday anniversary of High Spirits TM Club and it was celebrated royally at the Airport Marriot Hotel in Burlingame.

Charter member Lyn April Statten spent almost three months diligently endeavoring to ferret out old members and calling colleagues in the District until she received 68 acceptances. The festivities were enhanced by a very talented and versatile piano player Bob Secor, who imbued the mood of the room with old favorites providing background music as well as dance music later after dinner.

Lyn April Statten was the Toastmaster for the evening and called on each table to introduce themselves with some background on their involvement with the club. Many interesting stories were shared, laced with sentiment

High Spirits Kicks up its Heels for its 20th year

by Lyn April Statten, DTM

and mirth. Especially heartwarming was the story by Cheryl and Jeff Hylton who originally met at High Spirits more than ten years ago and still married! Some former luminaries present were Dan and Linda Winterburn. (Dan was District Governor when High Spirits was chartered). He also told me an interesting fact that evening-- the year our club was chartered was the year that District 4 was #1 in the world. Present also was John and Carol Fenwick (John was both Past District Governor as well as past International Director).



Lyn April Statten (left) receives roses and a plaque from High Spirits President Maria Zeta Torres.

The inimitable Bill Woolfolk, also past District Gov. and past International Director, whose contagious laugh always brightens up any party, graced us with us with his presence. Past District Governor Joe Madley also attended. A few members of the Peninsula TM Club gave us their support with their presence. Current President Maria Zeta Torres presented Lyn April Statten with a beautiful bouquet of roses and an Appreciation Award plaque that read "For outstanding and dedicated service". Roz Dolling, the one other current charter member, also received a bouquet of roses. We ended the evening with some of the "brave" guests partaking in the improvisational program. To give some examples of how improvisations are played Lyn and Bill Woolfolk volunteered, and some of the witticism displayed by Bill had the guests rolling in the aisles with laughter. No doubt that Wool folk could have been just as successful on the stage as he has been in TM.

A good time was had by all and High Spirits is looking forward to the next 20 years in one of the most exciting, educational and creative organizations in the world.

Speakers Bureau Up and Running!

by Shirley Farrell-Cowles DTM, D4

The Speakers Bureau is still accepting applications! You can register on-line by going into www.d4tm.org and printing and mailing it an application.

But some of you may not know what the Speakers Bureau is all about.

The Speakers Bureau was opened after a short hiatus to give Toastmasters in good standing an incentive to reach their CTM to be eligible and then have the opportunity to reach their ATM by giving speeches outside their clubs. These speeches should be signed off by your club's VP of Education. There are other reasons to join and the possibilities are endless. When you do speak outside the club you cannot accept money but if an honorarium is offered you may accept this and it goes to the Speakers Bureau account.

After you have made the initial contact you can make further arrangements on your own.

The process takes time so you need to be patient and the next committee meeting for the Speakers Bureau will be in January when we should be able to go over our progress.

When applications are received they will be filed according to location you want to speak, time and subject. We'll match you up with requests for speakers that we receive from various organizations.. Go to the D4 web site (www.d4tm.org) and click on Speakers Bureau for more information and a copy of the application. Register on-line!

If anyone wants to get his or her "Accredited Speaker" this is also another way of getting there!

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

- Tom Denniss

Tips from the Top Recruiter

Tom Dennis, our Lt Governor Education and Training, has taken with pride the Top Recruiter Award for the fourth year in a row.

We caught up with Tom to congratulate him and ask "How do you do it?" Tom says he uses the same tools every month that produce new members for his home Club, Milpitas Toastmasters:

1. San Jose Mercury: Tom lists his club in the San Jose Mercury News calendar listings for free. "The exposure is fantastic. I contact Stacy Diaz (408) 271-3782 or by Email, stdiaz@sjmercury.com. The listing usually appears in the Monday Business Agenda."



2. Hotline List: "The District Four Hotline List is something I use every chance I get. Interested people looking for a TM club will leave a voice mail message which the Marketing Team picks up the messages and distributes them to fellow District Four Toastmasters via email." The contact to get on this email Distribution is Tertia Hoeyfield, mangomoon@hotmail.com.

3. Postcards: Tom is known to send everyone postcards. Tom says he has sent 20,000 postcards over the last four years. "The results are tremendous. I regularly recontact past guests through the guest books at my home clubs."

So there you have it - some tricks of the trade from a pro. Please contact Tom if you would like some more tips on membership recruiting:

email: TomDennis123@yahoo.com
or phone: 510-490-8496

For many, the Fall Conference was a hands-on experience. Here, Jeanne Lyons, tests the power of test subject's resistance energy in the "Emotional Freedom Techniquers" workshop



The heart and soul of organic gardening is compost, a dynamic virtual recycling force that has the potential to create a healthier world. But a garden also needs a warm, healthy environment - just like what we find at the community garden called Toastmasters.

The cultivation of fine speech happens at Sierra Speakers through the hard work and dedication of other speech gardeners. My fellow TM horticulturists in my home Club have helped by planting seeds of knowledge within me; they help shape, fertilize and enrich my speech garden; they prune me with their sharp tools of evaluation resulting in a special variety of hybrid speech presentations. The harvest and pay dirt of such careful gardening are the fruits of wisdom and food for thought that can sustain a diverse group of people in the real world: specifically, they assist with the germinating, pollination and nurturing of a weed-free crop called compost education.

Speaking of Compost

by Vernon Pineau, CTM

After becoming involved with T.M. a bouquet of speaking opportunities blossomed that allowed me to spread the idea of composting. One particularly inspirational moment of personal growth occurred when I joined internationally acclaimed compost educators and authors Mary Aplehoff and Binet Payne at the Marina Middle School in San Francisco, the SF Exploratorium and the Oakland Zoo.

After recovering from the excitement of these initial presentations, more educational talks were delivered at ABC Pre-school, Sutro Heights Residential Home, Garden for the Environment, the San Francisco League of Urban Gardeners (S.L.U.G.), various Bay Area public schools, Sloat Garden Center, City College of SF and the SF Art Institute. The Art Institute brought a fun group to the presentation: the students wanted to know how to combine composting and art - another one of my specialties.

The old saying is true: Compost Happens. But when you combine compost with communication a very mysterious, natural energy comes to life sprouting inspirational growth in both gardens of the mind and in life after death. My the therapeutic and spiritual benefits of composting and organic gardening.

The world is a garden. What will your harvest be?



Vernon Pineau is member of Sierra Speakers Toastmasters and loves a good garden party.

When thousands of Toastmasters from all around the world arrived at the Hotel Fontainebleau Hilton Resort on August 23-26 at Miami Beach, one of them came from Sydney, Australia. This was my sister Peggy Ibbotson, of French's Forest Toastmasters Club. Peg has been a Toastmaster over 15 years and has attended the Down Under Conference held in Sydney, Australia, where the Lord Mayor of Sydney proclaimed it Toastmasters Day and at 12 noon the bells rang out. I was fortunate to make the trip for this one and the President of Toastmasters International was the official guest!

When Peg and I found out that the Australian and New Zealand District Governors were carrying some of the largest votes to Miami we made sure they met our candidate Diane Vaughn, who was running for International Director. One such meeting was at 10 PM. at night when I introduced Diane to the contingent from New Zealand - my birth country. Peg mingled with the Australians so you can imagine where their vote went when they had a chance to talk to Diane and all the candidates.

TWO SISTERS – TWO TOASTMASTERS

by Shirley Farrell-Cowles DTM, D4 PRO

It was not all campaigning! We managed to get in the surf and get tossed around a few times and enjoy the pool and the Jacuzzi for relaxation. In the evening the High Seas High Hi-Jinks Fun Night gave everyone a chance to dress up in their nautical outfits and this must have been a relief from the suits and ties that were worn around the delegates booths.

The President's Dinner Dance took place after all the elections were over and we knew who had been elected. This was a fun event when each country was called out at dinner and the toastmasters from that country stood and waved their napkins. There were so many countries that they had to call three at once!



From L to R: Shirley, Betty Underhill, DTM (Dist 12) and Shirley's sister Peggy Ibbotson, ATM (Dist 70) on shore leave at the August 2000 TM Convention in Miami.

If I were to name some of the highlights of the conference, I would be hard-pressed, because there simply were too many. Of course, our candidate Diane Vaughn winning was the greatest! However, just meeting fellow toastmasters from all around the world was one of the wonderful opportunities you can only get by attending the International Conference.

The next Conference will be in Anaheim, California and it's a grand opportunity for all of us to attend!

Was Peg sad to be going home after the Conference? I don't think so! Peg volunteered to work at the Sydney Olympics this past September and how could this be topped?! Her 15 minutes of fame must have been when she walked with 50,000 volunteers down the main street of Sydney, Australia, after the Olympics were over. I am sure by the time that parade was finished we added a few more Toastmasters to our roster!!

Tom's Educational Tips The CTM

When a member reaches their CTM the whole club benefits greatly. Some tips:

1. Orientate your new members and ask them to reach the CTM level.
2. All speeches should be manual speeches.
3. Try to complete one speech a month.
4. Mail in your CTM application in after 10th speech to: Toastmasters Int'l, PO Box 9052, Mission Viejo CA 92690
5. Track your CTMs online. It's easy:

Go to www.toastmasters.org

- > Info for Members
- > District Information and Reports
- > Current Months Educational Up-date
- > District F-25 (then key in District Four)
- > Click on the Link: CTM EDU 012-CTM
- > Look for Club Number and Name

-Tom Dennis



Diane Vaughn delivers her talk, entitled "Stand UP, Wake UP, Speak UP", to her talk at the D4 Conference. This was Diane's first D4 Conference as one of the twenty International Directors that are elected worldwide. We wish Diane continued success as she represents Region II. Go Diane!

Two Area C3 clubs in Menlo Park - Menlo Presbyterian ("Menlo Pres") and Speakeasy@Sun - have found that debating each other about the political issues of the day is a sure-fire way to have a successful meeting. A publicized debate can increase the usual attendance at a meeting, bringing in more members and guests. A debate can increase awareness of important issues, and it can be lots of fun, too.

Menlo Pres and Speakeasy@Sun have had a series of debates with each other. Two debates were presented in 2000: September 26 at Menlo Presbyterian and November 3 at Sun. A third club, Netscape Toasters in Area C4, has also jumped into the fray by challenging Speakeasy@Sun.

The story begins at the Area C3 Spring 2000 Tall Tale and International Speech Contest, but we will save that story for another time and skip ahead

debate, which he compiled from participating in Speakeasy@Sun's debates over the years:

1. The host team typically proposes several topics for the debate and suggests a date for the meeting.
2. Once the date is agreed upon, the visiting team picks a topic, either from the list provided or of their own choosing. If it is a new topic, then the host team must agree to the wording, ensuring there is agreement that it is a fairly balanced topic that either side could win.
3. The host team chooses which side they wish to argue, for or against the proposition.
4. The host team provides, as a contact person, the Toastmaster for the day. The hosts provide a location for the debate and also provide the



Pam Tablak and Sam Marines show off their awards at the D4 Conference.

and/or gender discrimination. (The 1998-99 National College Debate Topic - Civil Rights)

For the first debate, Menlo Presbyterian sent David Dailey, Greg Mundy; and Joel Sibert, against Harry Holland and Ramesh Krishnamaguru of Speakeasy@Sun. For the second debate, David Dailey and Joel Sibert debated Chris Emura, Harry Holland, and Kevin Marshall, CTM. Kevin is another veteran Speakeasian and debater. He and Tom have been with the club since it was chartered in 1988 (7 months after Menlo Pres), and Kevin shared with his team many useful debate strategies.

Menlo Park Toastmasters Clubs Debating

by David Dailey, ATM, and Harry Holland

to June 21, when Speakeasy@Sun Vice President Education Harry Holland visited the Netscape Toasters meeting. Netscape's President Prafulla Mishra, CTM, an ex-Speakeasian, proposed the debate, and Harry, immediately taken with the idea, promoted it at his club. After being elected President of Speakeasy@Sun, Harry saw Menlo President Joel Sibert, ATM, at the July Officer Training. Harry had only to mention the word "debate," and Joel enthusiastically accepted the challenge.

The clubs are following the Toastmasters International "Debate Handbook," a ten-page detailed summary of debate organization, strategy, and judging that also includes a ballot template for the debates judges (the meeting attendees).

They are including Table Topics halfway through the debate. The debate teams leave the room and the Table Topics Master asks the attendees questions about how the debate has gone so far, how well each debater did, and how the debate is likely to continue when the teams return. Comments from the members and guests at the end of the meeting are also very useful for judging how well the debate - and meeting - went.

Veteran Speakeasian Tom Booth, CTM, included Table Topics in his "proposed process for a one-hour debate" (see below), which he shared with both teams. Tom also noted, "[The process] has a couple of schemes and there could be many other variations. A tricky thing is to watch the timing and the sequence of statement and rebuttal. It's very easy for the debate to run too long."

Tom Booth's proposed process for a one-hour

necessary functionaries, Timer and Ah Counter.

5. The visiting team provides the Table Topics Master, if needed. The visitors provide the names and debate speech number (Affirmative #1, etc.) of each team member. The visitors also provide the name of their Table Topics Masters and guests, so that the host team can have the name cards ready and waiting for as many guests as possible.
6. The debate is typically two against two or three against three, depending on the time allowed and the number of club members interested in being part of the debate team. A team can also include backup debaters, researchers, etc.

There are many possible debate topics. The local library and the Internet have a wealth of information about the topics and the issues involved. The internet, for example, has many government web sites, useful for researching current statistics and trends.

For their first two debates, Menlo Presbyterian and Speakeasy@Sun chose two nationally debated topics:

* Resolved: That the Federal Government Should Establish an Education Policy to Significantly Increase Academic Achievement in Secondary Schools in the United States. (The National Debate Topic for High Schools, 1999-2000)

* Resolved: That the United States Federal Government should amend Title VII of the Civil Rights Act of 1964, through legislation, to create additional protections against racial

Which team won each debate? If you had attended the debate meetings, then you would have known - and would have participated in the judging!

Better yet, you can form your own debate teams and start debating your local clubs. As Area C3 Governor Pat Draves told the C3 clubs, "[Debating is] an exciting idea. ... I urge each club to explore the speaker/evaluator exchange with other clubs. It's stimulating to all involved."

Speakeasy@Sun club web site:
www.geocities.com/speakeasy_sun/

Menlo Pres information:
http://ca92705.zland.com/cgi-local/toast_clubdetails.cgi?usa+1372



Participants in Laura Bayne's "Leading by the Platinum Rule" workshop learned how groups are comprised of four basic personality types: socializers, relators, thinkers and directors. Each of them brings a different set of skills (and needs!) to the table.

Long ago, in lands visited now only through the corners of ancient memories, a strong and persevering people worked the land that fed and clothed them. Diligently. Faithfully. With the trust that binds mother and babe.

For they knew without question that the tiny seeds they planted, one at a time with love in fertile soils enriched by an eternity of life-giving floods, would yield their promised bounty. As they had during the times of their great ancestors who had broken their backs, and even some their hearts, to make this emerald plain the foundation of their people's future. Ancestors now bodily part of the emerald plain, whose tears now fell as raindrops and flowed as floods, ancestors whose souls continued to glow within the hearts and hopes of those who followed them. Those seeds had magic.

But this time, it would be different. This time, their diligence would not be rewarded. This time, their faith would crumble. This time, their trust would melt like the spring thaw and hellish mother would turn against frightened babe.

This time, hearts and hopes would burst in silent, screaming agony.

The seeds, those tiny seeds blessed before and planted after with love, those wonderfully magical seeds no longer held the potential of growth and prosperity. They did nothing. They no longer were seeds. They just were. Nothing else.

The Chieftess called forth all under her care a council to share the collective wisdom and find the answers that would re-imbue the magic into the seeds.

As was customary, the youngest spoke first. "People no longer smile. I no longer hear laughter. Where has the magic gone?"

Then the Chief Tiller took his turn. "We do now what we did before as we were shown. Nothing has changed. Our brows still strain and our hearts still pound from our efforts. But now we receive nothing for our toil."

William Lee Henthorn, CTM/CL is the Division E Governor and is a member of Rhinoceros Business Club and Sierra Speakers in San Francisco. He always welcomes your thoughts, comments, and feedback. Contact him at: 415.771.0701 or BillHenthorn@SpiralMarketers.com.



The Socializers: like many a Toastmaster, you just can't shut them up...!

The Seeds

A membership rebuilding story
by William L. Henthorn, CTM/CL

Then the Shaman, whose knowing transcended all understanding, spoke. All heads turned, all eyes focused, all ears concentrated.

"We have wandered from our old land, our old home. We no longer are what we were. And this is good. For life is change, and we have lived and changed. What was, no longer is; what is, no longer will be. And this is good.

"Yet, unlike withered leaves, we have shed the truths that make us strong. In our growth upward, we have neglected to maintain those truths through our thoughts, our words, our deeds. Our crops no longer draw from the fertile soil that gives them substance nor from the Sun that gives them life. So their seeds have neither substance nor life. Our crops now feed upon themselves."

His words revealed truth. They had wandered into a self-created, autocannibalistic desert while all around them encroached the invisible bounty of the emerald plain. Lost in that desert, the shaman would have to lead them back across the invisible boundary between those two worlds.

"We must recreate ourselves. Transform ourselves through our thoughts, words, and our deeds. Be that which we wish to become. The seeds will follow. For the seeds must follow who we are. They will grow to be who we are already. Our bounty is their bounty."

His words were magic.

Planted in their fertile minds, the people went forth to sow the seeds of transformation. Seeds sprouted, grew tall and thick, yielding the abundance that was their birthright, a birthright almost lost in the desert discovered by the Shaman.

Go within yourself. Rediscover your strength. Return to the fundamentals. Join together as one. Re-imbue your thoughts, words, and deeds with magic and spirit. Grow again. Abundantly. Reclaim your birthright.

Franklin Chun reaches DTM!

Note from the Lt Governor of Education, Recognizing Franklins new educational Level:

Lt Governor Education and Training, Tom Dennis, DTM, recognizes the Extraordinary efforts of District Four member Franklin Chun of Daly City Toastmasters, Club # 1881. He reached the Highest Educational Level in Toastmasters International: the DTM! Congratulations Franklin!

Turning Your Toastmasters Experiences Into Expression of Excellence

by Craig Harrison

Here's a Joe DiMaggio story you probably haven't heard recently.

"Joltin" Joe DiMaggio was as fine a baseball player as there ever was. A Hall of Famer and two-time batting champ, the Yankee Clipper, as he was known, holds the record for the longest hitting streak in major league history, 56 games! His is a mark that may never be broken. The Yankee Clipper exemplified excellence.

Late one summer, in a season where the Yankees were already a cinch for the World Series, Joe was playing in a game -- and he was banged up. He had bumps and bruises from a season of running, sliding, diving for balls and being hit by pitches. There was no need for him to even be in the lineup, let alone play 100%, all-out in this particular game. And yet there he was, taking the extra base on a base hit, running full speed, sliding into the bag in a cloud of dust.

After the game, a sportswriter asked him why he was playing so hard in such a meaningless game. Joe looked at him and answered in all earnestness: "Because someone might be seeing me play for the very first time!"

That's an expression of excellence!

Joe DiMaggio's pride in his appearance and in his reputation were so important that for Joe it meant never taking a day off. It meant always giving his best performance.

Do you make every speech your best yet? If not, why not?

As a speaker do you treat all your audiences to your best? Or do you calibrate your performance to the number of people in the room? Don't ration your excellence. If you stand for excellence then don't apportion it out in relation to who you believe is in the audience or whether your audience is big or small.

Whether there are two, twenty or two hundred in your audience, they deserve the best you can offer. As an eight year Toastmaster and current professional speaker, each time out I strive to express my excellence. I try to treat every presentation as if I were competing in the World Championship of Public Speaking!

Are You Talkin' To Me?

I've spoken at a meeting where, as a result of an unexpected location change, there was just one other person in attendance. It would have been easy to feel sorry for myself and cancel the speech or suddenly not care and give a sub par performance. I'll admit I felt funny saying "Mr. Toastmaster, Fellow Toastmaster, and missing members," yet I saw this as a challenge in and of itself. PT Barnum was right: the show must go on! I'll admit I had some fun with this situation, asking the other attendee (who was concurrently the Toastmaster, my audience and speech evaluator), facetiously, "Can you hear me in the back?"

To Be Continued

Modeling excellence should be a full time endeavor. If you embrace the Japanese concept of *kaizen* - continuous improvement, then you can see that each time you speak, whether introducing or evaluating another, speaking off the cuff or giving a prepared speech, you have the opportunity to model excellence. Each utterance of yours can be an expression of excellence. And when you express your excellence, it not only advances you, but it inspires others.

See TMs

As a Distinguished Toastmaster and Advanced Leader it would be easy for me to believe I've topped out, yet each year I complete another CTM for Districts 4 and 57 because I believe I can express

my excellence through completing the basic manual, whether for the first of ninth time. And each year I learn more as I repeat this seminal manual. It's one of my expressions of excellence.

Multiple Expressions

Interestingly, you can express excellence without uttering a word. A Sergeant-at-Arms whose meeting room is well set up, the Toastmaster of the day's well designed meeting agenda, the tastefully dressed and groomed attendee who makes a positive impression on a guest, each is an expression of excellence, demonstrating good taste, good planning and good manners. When you strive for excellence you find ample opportunities to express it. So whether your name is Bill or Ted or Billie or Tesha, you too can have an excellent adventure each time you perform a Toastmasters function. By expressing your excellence you'll help others excel as well.



Craig Harrison DTM, is a charter member of Pro-Toasties (#7146), a frequent contributor to The Toastmaster, and has served as District 57 Governor. He's currently the marketing director for the National Speakers Association for Northern California. You can contact him via the Web: www.craigspeaks.com or call him at 510-547-0664 to share your District 4 expression of excellence.



K'Kay Carr took second place in the Humorous contest, apparently having fun in the process.

**Santa Cruz
Downtown
Toastmasters
Win Golden Quill
Award!**



Michelle Rousch accepted the Golden Quill award on behalf of the Santa Cruz Downtown TM club at the Fall Conference. The award is given twice a year to the club with the best overall newsletter, and Santa Cruz Downtown won the Fall award for their excellent publication "Say What?" We congratulate Michelle and her colleagues, and all who participated in the District-wide contest. The Spring conference is soon approaching, and we'll award the Golden Quill once again, so if your club has a newsletter, why not submit it? See page 2 inside for details...



**Fall Conference
Humorous Contest Winners**

1st place: James Keuhnis
2nd place: K'Kay Carr
3rd place: John Harison

**Fall Conference
Evaluation Contest Winners**

1st place: Kelly Emo
2nd place: Mark Liolios
3rd place: Brenda Caine



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