



TALK OF THE TOAST

APRIL 2008

INSIDE THIS ISSUE:

- A TOASTASTIC EXPERIENCE** 2
- TAKING IT TO THE STREET** 3
- HOW'S YOUR LEADERSHIP TRACK?** 3
- LETTER FROM THE EDITOR** 3
- GOT SUPPORT?** 4

REMINDER

- Fall Meetings have been scheduled
- Thursdays
- 7-8 PM
- Capital Board Room—University Union
- Summer Sessions TBA

TLC FOUNDERS PLAQUE UNVEILED

On Thursday, March 20th Toastmaster's Leadership Club (TLC) members gathered in the University Union for a momentous event. The TLC Founder's Plaque was unveiled. It is the

first item allowed to be permanently mounted in the University Union by a student organization at Sacramento State University.

When TLC first approached the

University Union about mounting their plaque, they were told that a policy was not in place to permit this. However, after collaboration between the University Union Board and TLC Officers, a new policy was recently drafted to designate an area to showcase student clubs and organizations. On March 14th, the TLC Founder's Plaque became the first wall mounting by a student organization.

A reporter and photographer from the Sac State Hornet were on hand to capture the scene as 16 of TLCs more than 30 members posed in front of their Founders Plaque. The plaque contains all the names of TLC members who joined during 2007 and were among the first members of our organization.



TLC Members gather near the TLC Founders Plaque in the CSUS University Union

A TLC TIMELINE

A Brief History of Toastmasters Leadership Club

This has been a year of accomplishments for Toastmasters Leadership Club

June 11, 2007—TLC holds it's first official club meeting and kicks off a summer session.

October 1, 2007—TLC is officially chartered by Toastmasters International.

November 1, 2007—TLC holds its "Charter Party/Recruitment" Event. Great fun is had by all!

March 20, 2008—the TLC Founder Plaque is unveiled in the CSUS University Union.

March 28, 2008—Christina Monette becomes the first TLC member to participate in a

Toastmasters Speech Contest (see Christina's story on Pg 2)



A TOASTASTIC EXPERIENCE

A First Person Account of the Area 54 Evaluation Contest

By Christina Monette

As I entered the crowded room full of friendly but predominately unfamiliar faces on the evening of Friday, March 28, 2008, I began to feel the first stages of nervousness. Where am supposed to sit? Who is my competition? Why did I volunteer for this? These were just a few of the questions spiraling through my mind. I stood awkwardly in the corner clutching my bag and trying unsuccessfully to hide my anxiety behind an ill at ease smile. However, this period of confusion and discomfort did not last long.

Area Governor Mark Carlos greeted me in true toastmasters fashion with a kind and reassuring smile and words of encouragement. As I was introduced to my fellow toastmasters and given more encouragement by District Governor Gary Pettigrew, my nervousness began to transform into excitement.

Soon the Chief Judge was calling for the contestants to congregate in a corner of the room where we drew numbers for our speaking order, were briefed on the contest rules and completed questionnaires about ourselves for the contest Toastmaster.

Model speaker Louise Houdelette gave a stellar speech on leadership. It was not a simple task finding even a nugget of constructive criticism for such an eloquent communicator. After she completed her speech the four other contestants and myself were escorted out of the room by the Sergeant At Arms where we were given 5 short minutes to complete our notes. I then reluctantly surrendered them to the Sergeant At Arms.

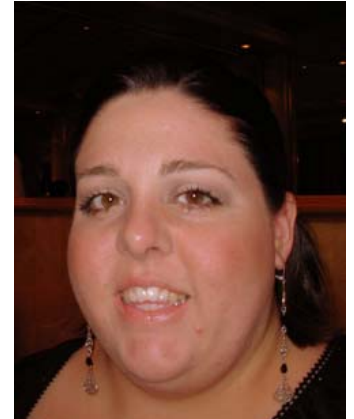
Each evaluator was escorted back into the contest room where they then gave their 2-3 minute evaluation of Mrs. Houdelette's speech while the contestants who had not yet taken their turn waited anxiously down the hall and around the corner.

"Contestant number 3", it was my turn. I stood in the back of the room as the Toastmaster introduced me, "Christina Monette. Contestant number 3. Christina Monette". I walked to front of the room with every ounce of confidence I could muster up. About 2 minutes and a few awkward pauses later I was shaking the Toastmasters hand again and taking a seat where I watched the two evaluations that followed my own.

Well, I didn't win a plaque but I got something better, an amazing opportunity to sit and even speak in the presence of master communicators and leaders! The intermission between the Evaluation Contest and the International Speech Contest was full of praise and heartfelt congratulations from several toastmasters included Mr. Pettigrew who commended me on my improvements since he had last attended one of TLC's meetings. What an honor. During the international speech competition I had the privilege to witness 4 more amazing speeches.

I left that night with a participation certificate in my hand and a determination in my soul to continue on my quest to become a polished speaker and an effective leader. I am enthusiastically looking forward to the Table Topics and Humorous Speech contests in the fall. My hope is that we will be able to conduct our own contest at the club level.

A special thanks to Tracy Harrison and Mark Holtz for their superb coaching!



Christina Monette, TLC Secretary, participated in the Area 54 Evaluations Contest on March 28, 2008

"About 2 minutes and an awkward pause later, I was shaking the Toastmasters hand again."

CHRISTINA MONETTE NAMES THE NEWSLETTER!!

Congratulations to Christina Monette. She submitted the winning name for our Toastmaster's Leadership Club Newsletter. She truly is the Talk of the Toast!!

TAKING IT TO THE STREET

TLC members put their Toastmasters skills to work

This spring several TLC members had the opportunity to put their Toastmasters skills to the test outside of a meeting.

Anyone attending the Miss California's National Teenage Scholarship Pageant on Saturday, February 16, 2008 was in for a treat! Why you might ask?

Well, our own Paul Dickey and Nicole Anderson were the emcees for the event.

The TLC club was lucky enough to see them practice as they performed two skits for us. These skits were designed to perfect their

comedic timing. Their enthusiasm and confidence were amazing!

But Paul and Nicole weren't the only one's using their speaking skills this spring.

Heather Heise co-presented a technical presentation on Accounts Receivable Valuation in Healthcare at the spring conference of the Northern California chapter of the Healthcare Financial Management Association.

Heather said that the challenges in her presentation were to take a complex subject and explain it in a manner easily understood by

people with varying levels of experience. She stated that Toastmasters helped her to be more aware of the needs of her audience and to keep them in mind at all times when developing the presentation.

Another area where Toastmasters experience was invaluable? Calming the nerves! All that practice at the TLC meetings worked. The presentation went off without a hitch and with very little stage fright!!

How are you putting your Toastmasters experience to work?



Feel Familiar?

HOW'S YOUR LEADERSHIP TRACK

Are you remembering to complete projects in your Competent Leadership Manual?

Here's some suggestions:

- **Project 6—Organizing and Delegating**—help organize a club special

event—speech contest anyone?

- **Project 7—Developing your Facilitation Skills**—Befriend a Guest at a Club Meeting—we usually have a guest or two—introduce yourself

and explain the meeting to them. Or assist with the club newsletter—yep we need contributors!

- **Project 9—Mentoring**—volunteer to mentor a new member!

Another area where Toastmasters experience was invaluable? Calming the nerves!

LETTER FROM THE EDITOR

Dear TLC Members,

As we close the first year of Toastmasters Leadership Club I am struck by how far our club has come, how fast.

Last year at this time we were attending demonstration meetings. Our membership was so enthusiastic that we began meetings in the

summer...and they were well attended too!

During this year we have been chartered by Toastmasters International, established a mentoring program and club newsletter, sent our first member to a speech contest and have several members well on their way to earning their Competent

Communicator awards. Congratulations to all club members on these amazing accomplishments!

What does the future hold?

I am looking forward to our first club elections. I'd like to see us hold a speech contest and increase our membership. In short, I want to see

our club grow and thrive! And I especially hope that each member achieves from their membership exactly what it is they hoped to achieve.

Heather Heise
VP, Public Relations
Newsletter Editor

<http://www.csus.edu/org/toast/>

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S H A P I N G O U R S E L V E S S H A P I N G T H E W O R L D .

We are Goal-Driven! The development of leadership and communication skills has always been part of the Toastmasters program. Members offered opportunities to learn and practice leadership skills while serving in various Club meeting roles and in officer positions. And if you need an audience for a speech or class presentation, our meetings exist to support our members by providing a “place to practice.”

GOT SUPPORT?

Mentoring program offers support to new members

Do you remember your first speech at a TLC meeting? Were your palms sweaty, your knees shaking, your voice quivering? Wouldn't you have loved someone to help?

TLC started a mentoring program in Spring 2008 and has already matched up several pairs of new and experienced members.

The TLC Mentoring program is designed to give new members the support that they need. The program teams up a new member with a more experienced TLC member

who can provide guidance in all things TLC.

A mentor for a new member helps the member with the first three speech projects in the Competent Communication manual, with projects in the Competent Leadership manual and to become familiar with the club, its operations and how to fill various meeting assignments.

The Mentor program helps new members become comfortable with our club and club activities. But did you know that a member acting

as a mentor also gains valuable skills as a leader?

Among the many skills that a successful mentor will develop are listening and training skills. And if that wasn't enough to having you beating down the door to be a mentor remember that it also fulfills project number 9 in the Competent Leader manual!

Those members interested in either obtaining or serving as a mentor should contact the current Vice President of Education.



We all need a mentor