



Toastmasters Club 7620 - Area 16C - District 65

High Noon Highlights

Club Officers 2007-08

President

Jared Kronenberg, CC

V.P. Education

Cindy Clauss, CTM. CL

V.P. Membership

Mike Meynadasy, CTM

V.P. Public Relations

Kris Stevens, CC

Treasurer

Juls Foos, ATM-B, CL

Secretary

Gordon Penniston, DTM

Sergeant at Arms

Rosalind Walker

John Wenderlich brings it home....

On October 13, we attended the area contest and watched in delight as our very own John Wenderlich took home the Bronze medal, the red ribbon, 2nd place, etc...

Those present to cheer on John were Cindy Clauss, Kris Stevens, Dave Johnson & Jared Kronenberg

We are so proud. Great job John!



The dates of the our future meetings are:

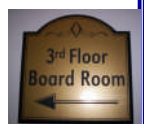
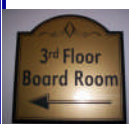
- **December 6, 2007**
- **December 20, 2007**
- **January 3, 2007**
- **January 17, 2007**

Rochester High Noon Toastmasters Mission Statement

The mission of the Rochester High Noon Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

Rochester High Noon Club meets the 1st and 3rd Thursdays of each month from NOON to 1 pm.

Meetings are located in the Alliance Building on Stone Street, 3rd floor board room.



"Get Out Of The Club!"

No, this is not a call for you to leave Rochester High Noon. Instead, this is a challenge to attend other Toastmasters activities outside of the club. You hear about them in the announcements. You read about them in the minutes. But just what are these opportunities?

CONTESTS

We have a couple of events that we can go to participate in and learn. You've already heard about the Table Topics and Humorous Speech contests, and soon, you'll be hearing about the Evaluation and International Speech contests. Did you know that you don't have to be a contestant to participate and learn? These contests offer the chance to practice judging, being Contest Masters, or simply just a way to meet other Toastmasters while supporting your club and others that you meet. Along the way, you will learn different styles of evaluations and inspiring speeches. When Jared next announces the upcoming area and division contests, say you'll take part and have fun!

DISTRICT CONFERENCES

These happen twice a year, with the most recent one being in Ithaca before Thanksgiving. As well as the opportunities to meet other Toastmasters, you can attend educational sessions to learn from, you can offer to present an educational session for 45 minutes to help others learn, and you get to see the District Champions of the various speech contests be crowned. Sometimes, special guests are at the conference. In Ithaca, I had the pleasure to again meet and listen to Darren LaCroix, the 2001 World Champion of Public Speaking. He offered a lot of tips and insight (including never refuse an opportunity to speak), and I am that much more enriched to have met him again. So plan on going to Buffalo the weekend of April 19th (tentative). We can either get a carpool of people only going for Saturday or make arrangements to share a room.

After the District Conferences, you can always attend the Regional Conference (this year its in Ottawa the 2nd weekend in June) and learn more and see who will be in the finals of the World Championship of Public Speaking, which will be held at the International Convention in Calgary in August.

SPEECH-A-THONS

Ever want to get more speeches in, or help others out and get more practice being an evaluator, Toastmaster, or chief evaluator? Then the next time there's a call for a speech-a-thon, take advantage. You'll learn more, get an opportunity to speak, and even fulfill an assignment in your CL manual. Stay tuned on this one, folks!

- article continued on the next page

"Get Out Of The Club!" - continued

SPEECHCRAFT/YOUTH LEADERSHIP

Another opportunity to speak and organize meetings for you to learn and participate in outside of the club. Speechcrafts and Youth Leaderships are the same program, with Youth Leaderships being for those under 18. 6-8 week courses, they are mini-Toastmasters meetings, as the participants learn to speak, evaluate, and do table topics (although their speaking times are much shorter). Think of them as an introduction to Toastmasters course. Along the way, speeches are needed by Toastmasters about the next week's assignments (organizing, vocal variety, etc.) which a club member can do and receive credit for. If you know of a situation where a school, church, or group of people can use Toastmasters, take advantage of this opportunity.

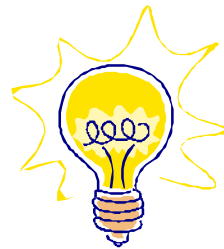
As you can see, there are many chances to participate in Toastmasters outside of the club. While we are all busy with our lives OUTSIDE of Toastmasters, I challenge everyone to take advantage and participate outside of the club. It will enrich your Toastmasters fun as well as your joi de vivre!

- by Gordon Penniston, DTM, Club Secretary

Speech Topics

Having trouble coming up with speech topics for your next speech? Perhaps something you see hear will help spark an idea...
-by Kris Stevens, CC, VP of Public Relations

- Holidays celebrated around the world
- Most embarrassing high school moment
- Thoughts on a favorite book
- Live, Laugh and Love
- Fashion trends
- How technology has changed throughout your life
- How a scary movie impacted your life
- How to decorate your home
- How to's on anything where you are the expert
- Cats or dogs
- Which came first the chicken or the egg
- I eat to live and I live to eat



Notes from our VP of Education...

While you work on your personal goals, they also translate to our club goals and the subsequent recognition for meeting them. We are aiming high again this year with the objective of continuing our 5+ year standing as a *President's Distinguished Club*. To accomplish this, our club must meet 9 of the 10 goals established by Toastmasters International. To date, we've accomplished 3 of 10.

We have 1 point because David Johnson and Karen Goodman achieved their Competent Communicator designation. We have another point because Gordon Penniston achieved another Advanced Leader. Our third point is for our on-time dues submission and officer list.

The executive team and those committed to helping our club achieve the Toastmasters International goals are engaged and ready to help the club in this effort. We believe we are on our way to achieving our club goals and are even keeping the coming toastmaster year in mind as we implement our club success plan.

- by Cindy Clauss, CL, VP of Education

Points	What's Required	Who's Personal Goals will apply to the TI / Club Goals?	Special Notes
1	2 members achieve Competent Communicator	David Johnson, CC Karen Goodman, CTM	ACCOMPLISHED!!!
1	2 additional members achieve Competent Communicator	Alison Kobey Rosalind Walker	Most likely to achieve 10 th speech between July - December 08
1	1 member achieve Advanced Communicator	Gordon Penniston	3 more speeches
1	1 additional member achieve Advanced Communicator	Bill Rothrock	1 introduction and 3 more speeches
1	1 CL, AL or DTM	Gordon Penniston, AL	ACCOMPLISHED!!!
1	1 Additional member achieve CL, AL or DTM	Mike Meynadasy or Jared Kronenberg	Both must give 2 speeches to accomplish CL. All other requirements met.
1	4 New Members	Sharron Gay Scott Ellsworth	Invite your friends to attend and join!
1	Another 4 New Members		
1	Officers Trained (both required for point)		
	June-August	Jared Kronenberg Cindy Clauss Rosalind Walker Gordon Penniston	ACCOMPLISHED (to achieve goal, must have 4 officers attend the winter training).
	December-February		
1	DUES submitted on time (both required for point)		ACCOMPLISHED!!
	October or April Renewal		
	and Officer List June 07		
3	Total Goals Achieved To-Date		

Meeting role defined: Timer

What to do when you are the Timer

One of the lessons to be practiced in speech training is that of expressing a thought within a specific time. The timer is the member responsible for keeping track of time. Each segment of the meeting is timed. You should explain your duties and report to the Club clearly and precisely. This exercise is an excellent opportunity in practicing communicating instructions – something that we do every day.

PRIOR TO THE MEETING

Write out your explanation in the clearest possible language and rehearse it. For the benefit of guests, be sure to emphasize timing rules and how timing signals will be given.

UPON ARRIVAL AT THE MEETING

1. Review the agenda and confirm scheduled participants and amount of time required for each speech with the Toastmaster.
2. Get timing equipment from the Sergeant at Arms. Be sure you understand how to operate the stopwatch and make certain that it is working properly.
3. Sit where the signal device (green, yellow, red cards) can be seen easily by all.

DURING THE MEETING

1. When introduced, explain the timing rules and demonstrate the signal device (colored cards). For example: "all of our speakers today are speaking from 5-7 minutes. At the 5-minute mark, (hold up the green card) I'll hold up the green card. At the 6-minute mark, (hold up the yellow card) I'll hold up the yellow card. At the 7-minute mark, (hold up the red card) I'll hold up the red card. The speaker will then have 30 seconds to wrap-up."
2. Throughout the meeting, signal each program participant according to the timing requirements. Always be sure that the speaker has seen the color card you are holding up. If you are in doubt, simply keep holding the card up the entire time, switch cards, continue holding until the speaker is finished.
3. Record each participant's name and time used.
4. When called to report timing, stand by your chair, announce the speaker's name and the time taken. State those eligible for awards. In our club prepared speakers and evaluators must be +/- 30 seconds of allowed time in order to qualify for awards. These times may vary from Club to Club.

AFTER THE MEETING

Return the stopwatch and timing signal device to the Sergeant at Arms.

Traversing the "CL" Desert

I am one of the few members that started before the changes to the Toastmasters program. Throughout my year as Vice President Education, which was the first year the new system was effective, I realized that understanding the new process was difficult, time consuming, and frustrating. Once I got my CC (the new title for a CTM) at the end of that year, I thought that it was smooth sailing. Now, I could start working on advanced manuals of my choice and begin the progression through the leadership track--CL, then AL.

What's that? The designations in the leadership track have changed, too? Instead of standing there cross-eyed, I decided to try my hand out at the "new and improved" CL system and see what was so new and special about the whole thing. I learned the obvious very quickly--the CL looked way more difficult than the old system. There was a book that I had to follow, roles in which I had to serve, evaluations I had to cox someone into giving me, not to mention the confusion in what to call it...the CL, the "new" CL, the award with a bunch of stuff that you have to do. Take your pick, I immediately thought of a dozen reasons why I should just ignore leadership track and leave it to everyone else to figure out what to do with this new process.

When I went to my first officer training in Fall of 2007, I was surprised to learn that other clubs in Rochester, as well as those in Buffalo, Syracuse, and Binghamton, were just as confused as me! They understood that the manual required serving in different roles, but no one had done the manual before and, more importantly, no one understood it or knew how to explain it to the rest of their club members.

All of a sudden, a few people came from behind the bushes and tried to explain the new system. They told us that the program really wasn't that difficult to understand (making me feel quite intelligent for stammering through the book for a few months prior) and that selling the new process to other Toastmasters was just as simple. I knew that no one in the audience was going to give the typical infomercial response: "That Was Easy," "Wow," and, my personal favorite, "That's Amazing"; instead, people started asking questions. The manual was different--that was obvious. But what it required us to do was not that different. All we had to do was serve in the meeting roles we were assigned, just like normal. The difference was that, instead of just "doing" the role because someone needed to do it, we would get evaluated for it. Big deal, right? "Well," they replied, "you spend your meetings trying to improve yourself. You try to learn as much as you can about limiting your 'ums' and thinking of a response to a Table Topic on the spot, but what about the leadership component?"

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Traversing the "CL" Desert - continued

If you are like me, you read the purposes of Toastmasters in the packet they send you when you first join, skipped over the leadership part, and focused on the communication program. Toastmasters give speeches and are evaluated for them. Along the way, we do certain meeting roles. But that's it. I slowly realized that there was another 50% of Toastmasters that I was completely ignoring. Why confine my learning just to the three portions of the meeting that we have grown accustomed--speaking, evaluation, and impromptu?

So, I bit. I listened to the comments at that officer training, used them to convince myself that this new system was not as daunting as I initially thought, convinced new and more seasoned members to work on their manuals with me, and, by the Spring, I was asked to present a training at the Spring officer training on the CL manual--education of the new system and motivation of club members. As I write this article, I have only two more roles to complete before earning my "new" CL.

My favorite quote as a young adult was "leadership is in action, not position." I forgot that among all the roles I was serving in every meeting. I had an opportunity to be a leader to everyone at my meetings by doing well in my club role and teaching others how to do well. I had an opportunity to listen to and learn from those in club roles so that I could do those roles better and more efficiently. Most of all, I had an opportunity to do all of this without being a club officer. So I ask you, fellow Toastmaster, dust yourself off from the negative comments you have heard about the new system, grab your manual, and start the process! And, yes, I would be happy to evaluate your role at the next meeting.

Jared L. Kronenberg
Area 16 Governor, Toastmasters District 65
President, Rochester High Noon Toastmasters



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