



TRANS Sierran

District 39

Toastmasters

Volume 1 October 2007

Toastmasters International

Serving over 3 million members since October 1924

GARY PETTIGREW, DTM DISTRICT GOVERNOR



Fellow Toastmasters, I hope you are inspired by this letter from one of our members as much as I was when I read it... Larry has truly "Let His Life Speak through Toastmasters!"

"I've always had this fear of public speaking...and I'm talking full-blown phobia! If you don't have the phobia, it's hard to understand, but I would avoid events, situations, and jobs that may lead to me having to address a gathering of people. This phobia was causing me to miss out on some great things in life...celebrations, family events, and career opportunities. I was truly missing out.

I found out about the Toastmasters program through a friend. I attended my first meeting at the Bits N Speeches club, and was graciously asked if I wanted to participate in

Table Topics. With some gentle prodding, I approached the lectern, and became so overwhelmed with stage fright that I turned and walked out the door without saying a word! I eventually returned to the club on another occasion, but wasn't motivated enough to continue and stopped attending.

I was offered a managerial position with my employer, a definite promotion to my current job. The position would require making presentations and speaking in front of a group of people. Aside from my fear of public speaking, I was well-qualified for the position, knew my trade very well, and had the respect of my peers. I thought to myself, "With Toastmasters, I CAN and WILL do this job". I accepted the position, and reinstated my membership with the Bits N Speeches club in Elk Grove.

The members of Bits `N Speeches

are the most friendly, positive, and supportive group of people I have ever met. They helped me to see how the Toastmasters system can help control my nervousness and speaking skills through evaluations. I am proud to say I have almost completed my Competent Communicators manual, competed in speech competitions, and volunteer for Table Topics on a regular basis!

In my new position at work, I recently delivered a major presentation to a team of 20 sales people, have conducted several smaller meetings, and volunteered to present at an upcoming tradeshow.

Toastmasters has helped me gain control over this fear of public speaking so that I can advance my career and be more involved in life's celebrations. Thank You Toastmasters and Bits N Speeches!" Signed: Larry Wynia

DISTRICT 39 CONFERENCE IN YUBA CITY

Our Fall District Conference will be on Saturday, Nov 17 at the Bonanza Inn in Yuba City. At the Conference, take advantage of the excellent workshops being offered by top notch presenters, and enjoy some outstanding speakers at the Table Topics and Humorous Speech contests. Included will be a business meeting. If your club's President or V.P. of

Education cannot come to the conference, he or she may delegate another member of the club to carry the club's two proxies. Proxy forms are in the Fall District Directory on page 11 and on the District website www.district39.org under district - forms. Presidents, please make this a priority when you complete your club registration form. Club

registration is just \$15 and allows all the members of your club to attend the educational workshops. Individual registration forms are also available on the website. Don't forget the Early Bird deadline is Oct. 20. Come to learn, grow and enjoy a fun day. If you wish to car pool to Yuba City, contact Chairman Carole Drake: drakecarole@comcast.net

HOW OLD ARE YOU?
YOU ARE AS OLD AS YOUR SKILLS.



DEBRA LEDSINGER, DTM

LT. GOVERNOR EDUCATION & TRAINING



The 2007-2008 Toastmasters year is already off to great start!

TLI Many of you have already taken advantage of the plethora of educational and other enrichment sessions offered through TLI (Toastmasters Leadership Institute). You've learned how to be effective club sponsors, mentors and coaches. You've also learned how to judge contests and conduct club debates. Along with club officer's training, those are just a few of the classes that have been available through TLI. Each month TLI offers you the opportunity to "Shape Yourself...". Don't miss out! For more information and the current class schedule visit: <http://www.district39.org/tli>.

Executive Council Meetings Well trained leaders are more confident, effective and tend to enjoy and appreciate their leader-

ship role. It is my mission to ensure that the District Leaders and club Officers are successful and have plenty of resources at their disposal. Each month, following the District Executive Council Meeting, we will offer Supplemental Governor's Training. We've covered topics such as "Making Productive Area Governor Visits", "How to Conduct a Successful Speech Contest" and "How to Run an Effective Area/Division Council Meeting". Be sure to get the most from your leadership experience by being proactive and well-informed.

Award There's no greater reward than the satisfaction that comes with completing an educational achievement, sponsoring a new member or coordinating a Youth Leadership/Speechcraft Program. However, for those of you who do complete a number of these accomplishments and submit the necessary form, you will

be awarded a beautiful Outstanding Member Achievement pin. For more details on the Outstanding Member Program go to our website at: district39.org/mainpage.php.

CONGRATULATIONS to all of you who achieved CC's and AC's in 2006-2007. Thanks to your hard work and perseverance Gary Pettigrew on behalf of District 39 was presented with the Leadership Excellence Award during the Hall of Fame Ceremony at the International Convention!

CONGRATULATIONS to all 100 % the District 39 Area and Division Governors for attending training! Your Areas and Divisions are sure to benefit from your diligence.

The 2007-2008 District 39 year is off to great start. Let's build the momentum and keep charging forward as we

"Let our Lives Speak Through Toastmasters!"



Every journey begins with the first step—whichever direction you go.

WHO WE ARE . . . YOUR DISTRICT OFFICERS

This month, meet Debra Ledsinger, DTM.

She grew up in Muncie, Indiana wanting to be an artist, but ended up attending GMI Engineering & Mgt. Institute in Flint, MI and Ball State University in Muncie, Indiana before graduating from Sac State with a degree in Mechanical Engineering. Debra has been an engineer at

HP in Roseville for over 11 years. She is also a fitness instructor at several fitness clubs.

How did she join TM? When she was in the 4th grade a group of TM came to her school to teach Parliamentary Procedure! She remembered that experience, so when she saw a flyer for HP Roseville Raptors Club in 1996

She was ready to join this friendly group.

Her most meaningful TM experience? Leading a Youth Leadership Program, which led to being an Area Governor.

Her advice for new TM's? Grab a mentor, jump in with both feet, break the ice and enjoy the experience!

DIVISION SPEECH CONTESTS

Div-A Oct. 20 1:00—4:00 pm
Lodi Library 201 W. Locust St. 95240

Div-B Oct. 13 11:30 am
UNR-Ansari Business Bldg Rm AB106 (Div. Mtgs. 8:30-11:30)

Div-C Oct. 27 9:00 am
Kountry Kitchen on 4th St. Orland, CA

Div-D Oct. 6 Noon Sac Co. Admin Bldg 700 H St. Sac.

Div-E Oct. 26 7:00 pm Sac. Co. Admin Bldg 700 H St. Pot luck at 6:00 pm

Div-F Oct. 19 7:00 pm Dept. of Consumer Affairs Bldg. 1625 N. Market Blvd. 1st Fl.

Div-G Oct. 5 7:00 pm Sac. Co. Admin Bldg 700 H St. Pot luck 6:30 pm

Div-H Oct. 12 7:00 pm Sac Co. Admin Bldg 700 H St. Pot luck 6:00 pm

JOE VELKY, DTM



New clubs!

We have 16 prospects under way toward our goal of 11 net new clubs by April 30, 2008.

We need *YOUR HELP!* Give us a lead and volunteer to work with them to Charter and you will receive a \$75 gift certificate to the District's Country Store. If you effect a Charter by September 30,

2007 you will get a free Fall Conference Registration.

Contact myself or any of the District Officers.

To assist with current clubs being Chartered we need *YOUR HELP* to sponsor and mentor clubs at various locations around the District.

Club Redevelopment!

We have 4 clubs who have requested club coaches.

Overall, our District has 40 clubs with fewer than 12 members. Each could use a club coach.

YOUR HELP will build your leadership skills, earn your Advanced Leader Silver and you receive the personal satisfaction of knowing you made a difference.

See details on the District website or contact your Area and Division Governor for more information.



Is your club looking for sample agendas, timing sheets, etc. See <http://www.district39.org/clubs/resources.php>

SUZAN HAWBAKER, PUBLIC RELATIONS OFFICER

THOMAS TANAKA USES TM TO BOOST CAREER



Suzan Hawbaker, Public Relations Officer, shares this Toastmaster success story.

On July 11, 2007 Thomas Tanaka, a 3 year member of Racontuers TM Club and DMV TM, was elected Co-chair of the State Personnel Board's Statewide Disabled Advisory Committee. Tom will serve in this position for a 1 year term.

Tom Tanaka is a paraple-

gic due to a serious car accident when he was young.

He said he would never have tried for a position on a State Board like this before. "I never had confidence. I never had the strength to do that." He did not expect to win, but he credits Toastmasters leadership training and inspiration for his success. He joined Toastmasters 3 years ago when a fellow Toastmaster, Kathleen

Flon, saw him giving a speech in a committee meeting and suggested he look into a meeting. Now 1 speech away from a Competent Communicator, Tom is very pleased with his clubs. They accommodate his special needs and have given him an opportunity to learn. Congratulations to Tom on both his career success and his Toastmaster achievement! He says, "If I could do it, anybody could do it."

TRY SOMETHING NEW

If you have mastered the basics and are looking for new opportunities, try a **Specialty Club**, such as—Traveling Trainers, Leaders R Us, Flying Carpet (Travel), Los Oradores (bilingual), DotCom Masters (computers) and beginning in November 2007, the newly reformatted Good to Great club will focus on humorous

speeches. They will meet the 1st & 3rd Friday of each month at Round Table Pizza at Antelope and I-80. Note this is a change from the District Directory. Contact mentor Mark Holtz at: holtz@markholtz.com Want more? Try **TIC TOC**—Yes, District 39 is on Cable Channel 17 every Wednesday at 7:00 pm.

Each program features a club from our District. Filming is done on the 1st Tuesday of the month at 6:00 pm at the Coloma Comm. Center 4623 T St. Sac. Check it out at: [Http://wmspush.llnw.net/videostrm](http://wmspush.llnw.net/videostrm) or e-mail President, Liz Schroeder at: elizabeth.schroeder@dgs.ca.gov. We grow with new experiences in TM!

Toastmaster Magazines:

Replace the labels with your club info and put them at your doctor, dentist or office lobby.

Donate them to the local library.

Use them in a Welcome Packet for guests.

See you at the Fall Conference!



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District Executive Council Meetings:

October 8, 9:30 am—11:30 am

December 8, 9:30 am—11:30 am
(will include TLI at 10:30 am)

Sacramento County Admin Bldg

700 H Street

All are Welcome

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NEW WEBSITE FEATURE—HELP

A new feature on the District 39 website is coming soon— a

Help Wanted section.

Do you have a special project and need help to complete it? Want to be a Sponsor or Mentor of a club? Are you holding a Speech Craft and need outside speakers to help make it a success? Need an outside speaker to create an event to attract new members? Are you trying to complete your CL and want to be part of a High Performance Leadership Committee? Do you

need to give one more speech but it is long for your club's meeting and you need an opportunity in a longer meeting? Maybe you just want a way to give back and are looking for opportunities?

You can ask for the help you need or search for opportunities to support your fellow Toastmasters.

For more information check out the website at: district39.org or contact Suzan Hawbaker, Public Relations Officer for District 39 at: suzan.k.hawbaker@intel.com.

HIGH PERFORMANCE LEADERSHIP

Order from TI Catalog No. 262. It helps members develop leadership skills. The program has five projects offering instruction and practice in such vital leadership areas as developing a vision, goal-setting and planning, developing plans and strategies and team-building. It also gives the member feedback on their leadership skills. The program may be completed within the member's Toastmasters club, area or district, and even within their company or community.

