



What's Inside!

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- | | |
|------------------------------|------------------------------|
| 1. Welcome | 4. Distinguished Club Update |
| 2. Recognitions | 5. Recent Happenings |
| 3. Levels of the Toastmaster | 6. Upcoming Events |
| 7. Featured Member | 8. Writer's Block |

MarathonMasters Relay

Welcome!

Welcome to the inaugural edition to the MarathonMasters Relay! This newsletter will run on a quarterly basis. The goal is to use this as a tool to stay current on news and updates for Toastmasters, and especially for that which pertains to our club, MarathonMasters.

Guest columnists and all ideas are welcome and appreciated. Soon, you will all have the opportunity to fill out a bio sheet, with the intent of featuring one or two members in each edition.

Recognitions

MarathonMasters currently includes the following members:

- Martha DeMond: AC-Gold, AL-Bronze, Club Coach
- Helen Gebre-Amlak: CC, AL-Bronze
- Kelly Gray: 1 Speech in CC
- Brent Hoskins: 5 Speeches in CC
- John Kelly: 3 Speeches in CC
- Amy Kidwell: CC, AL-Bronze, Area 72 Governor
- Christopher Lalik: AC-Bronze, AL-Bronze
- Dixie Larson: 3 Speeches in CC
- Eldon Miller: AC-Gold, AL-Bronze, Club Coach, Area 75 Governor
- Michael Mitchell: AC-Gold, CL
- Mary Richardson: 4 Speeches in CC
- David Robaska: CC
- Rose Sanders-Likes: CC, AL-Bronze
- Jim Stoutenborough: 1 Speech in CC
- John Wald: 1 Speech in CC
- Cheri Willard: 4 speeches in CC
- James Williams: AC-Bronze, CL



MarathonMasters

OFFICERS

President

Helen Gebre-Amlak

VP Education

James Williams

VP Membership

Martha DeMond

VP Public Relations

Cheri Willard

Secretary

Rose Sanders-Likes

Treasurer

Rose Sanders-Likes

Sergeant of Arms

John Kelly



Levels of the Toastmaster

This section lists the different levels of Toastmaster, as well as the abbreviations that represent each level.

INDIVIDUAL GOALS

Communication

TM - Toastmaster

CTM - Competent TM

*Completion of first ten speeches

ATM-B - Advanced TM - Bronze

ATM-S - Advanced TM - Silver

ATM-G - Advanced TM - Gold

DTM - Distinguished TM

*The highest Toastmaster recognition

*Includes completion of AL & ATM-G

Leadership

CL - Competent Leader

AL-B - Advanced Leader Bronze

*CL

*CC

*6 months as Club Officer

*Participate in Officer Training

*CTM

*2 Programs from SCS or LES

AL-S - Advanced Leader Silver

*ALB

*Complete term as District Officer

*High Performance Leadership

*Club sponsor, mentor or coach

Distinguished Club Update

We have already achieved five of ten points this year, and intend to end the TI fiscal year with 9.5 of 10 points. We need one more member by 06/30/09. We also need one more CC...**it could be YOU!**

Goals required to obtain Distinguished Club status

1. 2 CTM's
2. 2 more CTM's
3. 1 ATM-B, S or G
4. 1 more ATM-B, S or G
5. 1 CL, AL or DTM
6. 1 more CL, AL or DTM
7. 4 new members
8. 4 more new members
9. 4 or more club officers trained during each of two training periods.
- 10.1 semi-annual membership report, plus 1 club officer list submitted in a timely manner.



WHO?

WHO ARE WE?

MarathonMasters is a [Toastmasters](#) club dedicated to helping its members become better speakers and leaders.

With the skills learned from membership in the club, members are better able to:

**Negotiate salary increases and win promotions at their jobs;*

**Explain new concepts more easily and successfully to others;*

**Fill those roles that require speaking ability, such as giving a toast or a "Best Man's" speech at a wedding;*

**Present material with increased confidence in meetings at their jobs;*

**Move up the employment ladder into higher-level leadership positions;*

**Improve interviewing skills.*

Recent Happenings

My, my, my...we have been busy little bees! Here's a brief synopsis of our club's most recent events...

OFFICER TRAINING

Just missing the lucky seven mark, MarathonMasters had six members attend the Officer's Training at Shawnee Mission High School on 01/24/09.

Those members in attendance included Eldon Miller, Area Governor; Helen Gebre-Amlak, President; James Williams, VP of Education; Martha DeMond, VP of Membership; Cheri Willard, VP of Public Relations; and John Kelly, Sergeant at Arms.

POSTCARD CONTEST

The purpose behind this contest was to design the new MarathonMasters advertising postcard. Allegedly initiated sometime last year around Thanksgiving, this project really got its kickoff toward the end of January. Entries were officially collected on February 26th.

What a spectacular response! All of the entries are AWESOME! Eight entries were submitted. You can view them on the MarathonMasters website at <http://marathonmasters.org>.

The winner will be determined by popular **vote on March 5th**, and **fabulous prizes** will be awarded. It's sure to be a close one!

CLUB SPEECH CONTEST

Our club speech contest was held on February 19th, and what a treat it was! Congratulations to Helen Gebre-Amlak and Dixie Larson, who both took home a **blue** for a first-place tie. Consequently, both winners now have the option of advancing to the Area Contest March 21st at Yellow Corp, located at I-435 and Roe.

Although Helen is a definite contender, Dixie has a prior commitment. Will another MarathonMasters contestant step up to fill Dixie's place? Only the Great Toastmaster knows...





Weekly Meeting Schedule

All meetings are
12:00 noon to 1:00 pm

March 5, 2009

Theme: Dinosaurs
Postcard Contest Voting

March 12, 2009

Theme: The Color **Green**
Table Topics Contest
Pizza for Dues

March 19, 2009

Theme: Success
Open House

March 26, 2009

Theme: Disasters

April 2, 2009

Theme: Daydreams

April 9, 2009

Theme: Quests

April 16, 2009

Theme: Knights of the
Round Table

April 23, 2009

Theme: Creativity

April 30, 2009

Theme: Hypnotism

Upcoming Events

OPEN HOUSE

Mark your calendars! Marathon Masters Open House is scheduled for March 19, 2009 at the regular meeting place at Webster University, Suite 100, Room 207, 1200 East 104th Street, Kansas City, MO.

Remember to bring a friend!

PIZZA FOR DUES

March 12, 2009



DISTRICT 22 SPRING CONFERENCE

The District 22 Spring Conference, "The Courage to Conquer," is coming soon! This will be a once in an eight-year opportunity to have the Toastmasters International President in attendance.

There will be a First Timer's Contest, too, and the club that registers the most First Timers will win. This will also be a great time to meet and network with other Toastmasters in our district. Volunteer opportunities are available (contact Eldon Miller for more info).

April 17-18, 2009

Hilton Kansas City Airport

Kansas City, Missouri

www.toastmasters22.org



Meet Toastmasters' 2008-2009
International President
JANA BARNHILL, DTM, AS

"There are few things as gratifying as seeing new members come into our organization and watching their transformation."



**Meet Toastmasters International
President,
Jana Barnhill, DTM**

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Relay
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James Williams



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Club Websites

www.marathonmasters.org

www.toastmasters.org



Club Location

Webster University

RM 207

I-435 and Holmes

Featured Member

JAMES WILLIAMS
VP of Education



I was born in El Paso, Texas on June 30, 1974. When I was growing up, my dad worked first as a guard and then as a counselor at the Leavenworth Penitentiary, and my mom worked as cook at my high school. I went to grade school and high school at West Platte R-II in Weston, MO, graduating in 1992.

From there I studied at Missouri Western State College for four years and got my bachelor's degree in Computer Science in 1996. After working for two years, I went back to school to the University of Kansas for my master's degree in computer science with a focus in artificial intelligence. I completed all the coursework, but never completed my thesis.

My hobbies include computers, photography, traveling, bicycling, enjoying nature, and of course Toastmasters. I've worked at DST for just over three years. I've always had a desire (like most people) to find a source of income that doesn't involve working for the man. Some of the ideas I've had include starting my own business (which I tried and miserably failed), inventing something of value and selling the idea to an interested party (I have ideas, now I just need the motivation), or making money off the stock market (wow, I've actually made a little money with this, just not enough to retire). My goals are to take one these crazy ideas and make it work.

Toastmasters has given me the confidence to assert myself more often as needed, which has helped me to advance in my career and avoid some of the pitfalls around it. I also know that if I ever invent that next big idea, it will require me to present my idea to some potentially powerful people. Allowing me to overcome those fears could easily mean the difference between making the sale and being turned down.

Did You Know?

Communication is:

- 7% What you say
 - 38% How you say it (volume, pitch, rhythm)
 - 55% Body language
- Source: A Barbour, "Louder Than Words: Non-verbal Communication"*



Former Prime Minister, Tony Blair, is the highest-paid public speaker in the world.

-The Economic Times, October 2008



Hmmmm...

"Nothing is so simple that it cannot be misunderstood."

-Freeman Teague Jr.



"Good communication is as stimulating as black coffee, and just as hard to sleep after."

-Anne Morrow Lindbergh

Writer's Block

"What we have, here, is failure to communicate..."

Let's see...what should go in this space? (tap, tap, tap, tap)...



By George, I've got it!!!

[Your article here]

Since this is a quarterly publication, you have ample time to write an article, should you wish to express yourself. This area is reserved for you as an editorial / personal article page. Please feel free to send me your submission(s) any time before the next edition, which I expect to send out June 1st - roughly three months from now.