



MarathonMasters Relay

Volume 3, Issue 4

June 1, 2010

Weekly Meeting Schedule

All meetings are

12:00 noon to 1:00 pm

Webster University

1200 E. 104th Street

Room 225

KC, MO 64131

June 3, 2010

Theme: Speed

June 10, 2010

Theme: Bugs

June 17, 2010

Theme: Power

June 24, 2010

Theme: Summer

ATTENTION:

WE NEED A NEW MEETING ROOM!

New Officers (July 1):

Division-S Governor.....Martha DeMond

President.....Martha DeMond

VP Education.....James Williams

VP Membership.....Eldon Miller

VP Public Relations.....Steven Zhang

Secretary.....Rose Sanders-Likes

Treasurer.....Rose Sanders-Likes

Sergeant at Arms.....Jim Stoutenborough

Immediate Past President...Cheri Willard

Toastmasters Leadership Institute (TLI)

Current officers should attend. We need at least four officers to attend this TLI. District 22 will award clubs with seven attendees.

Saturday, June 19 – Overland Park, KS.

Shawnee Mission West High School,
8800 W. 85th Street

08:30 am Registration begins

12:00 pm Lunch & Learn (\$7 at the door) – “Getting Ready to be Impromptu”

1:00 pm Finding New Members for your Club and How to: Speechwriting

2:00 pm Judges Training

Martha Demond 913-707-0327

Eldon Miller 816-686-3753

Webster University

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***Club Achievement: 20th Anniversary on May 1, 2010**

Membership Contest

May 3 to June 3, 2010

Our Club needs 20 members for the President's Distinguished Club Program

1st Place:

Mbaari Kinya and Rose Sanders-Likes

They will split the **\$42.00** prize, which will pay half of their membership dues.

2nd Place:

Helen Gebre-Amlak

Helen wins **\$15.00** in merchandise purchased from Toastmasters Catalog.

Congratulations to our winners!

Visiting Member

Cora Fitch has been a toastmaster since 05"/06", dntowners. Joined Marathonmasters in 2007 while she's in Kansas City visiting her daughter, Martha. She answered a question with Martha's assistance during Table Topics; on June 3, 2010, she gave us her Ice Breaker, the first speech. Cora is 90 years happy and is visiting MarathonMasters from Marathon, New York where she was raised.

Open House

Our first **Open House** of 2010 was held on **March 11**.

This was also our semi-annual "**Pizza for Dues**" meeting. Our winning speaker was the ever-popular **Paul McDonald**, who also graciously supplied the pizza and door prizes.

Door prize winners:

- 1st Drawing: **Cheri W.** - \$20 Borders gift card
2nd Drawing: **Michael M.** - \$10 Whole Foods
3rd Drawing: Guest, **Jiksa H.** - \$10 Whole Foods

MarathonMasters held additional Open House events on **April 15th** and **May 13th** to supplement our membership contest.



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MarathonMasters Distinguished Club Program

July 1, 2009 - June 30, 2010

Achieving club goals starts with YOU!

Please let an officer know if there is anything we can do to help you achieve your goals.

Our Club Mission is a statement of shared values...

Every Toastmasters club shares the same mission, clearly defined in the following mission statement:

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

Through this mission, each Toastmaster gains a clear understanding of the club's purpose, and the organization as a whole benefits from a shared set of values and goals.

Goal #	Description	As of 6/4
[1]	2 CCs	Mary B and Eldon
[2]	2 Additional CCs	Martha and Paul
[3]	ACs	Helen
[4]	Additional ACs	Helen
[5]	CL, AL, or DTM	Cheri
[6]	Additional CLs, ALs, or DTMs	Rose
[7]	New Members	Ed, Greg G, Mbaari and Lisa
[8]	Additional New Members	Paul, Steven, Eslun and _____
[9]	Officers Trained (both required)	---
	June-August	Awarded for 7
	and December-February	James, Jim, Helen, Mary, and Eldon
[10]	Submitted on time (both required)	---
	October or April Renewal	submitted 9/10/09, 3/26/10
	and Officer List	submitted 6/2/09
	TOTAL	8 out of 10 as of 6/4
	GOAL	RECOGNITION
	Achieve any five of 10 goals	Distinguished Club
	Achieve any seven of 10 goals	Select Distinguished Club
	Achieve any nine of 10 goals	President's Distinguished Club
	Membership Base: 20	
	Membership to Date: 19 as of 6/4	10 goals after one more member.

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Featured Member

Jim Stoutenborough, Sergeant-at-Arms

I was born in Decatur, Illinois, the soybean capital of the world, and spent most of my childhood in Lincoln, Illinois, a 17,000 person agricultural community. I graduated from Lincoln High School and Lincoln Junior College before finishing my final two years at the University of Illinois. My fondest memory of college was being in the Assembly Hall the night Eddie Johnson made a last second shot against Magic Johnson's Michigan State team to beat them in 1979.

I am the father of a teenage son and daughter, and my favorite times are just hanging out with them. They are just two great kids and big movie fans. I enjoy my Chicago sports teams, the Cubs, Bears and Bulls. I also enjoy jogging early in the morning. It is very peaceful at that time of day and hope to do some 5k's this year and trying to work my way up to a 10k.

I moved to Kansas City in '87 and have lived here since except for a one year stay in Manhattan Kansas. I spent most of my professional time in retail until 1997, when I got into the financial industry. I worked at American Century Mutual Funds until 2003, and then went to work for my current employer, Financial Security Advisors. I really enjoy my current profession; it gives me an opportunity to use my love of numbers and help people at the same time.

I joined Toastmasters in December of 2008 on the advice of our company owner, Sandi Weaver. We were looking to improve my presentation skills and handle those impromptu questions during client meetings. Toastmasters have helped me hone those skills, and table topics have been a fun way to handle those out-of-the-blue questions. Toastmasters have even changed the way I watch sports. I watch the post-game interviews with more interest, as if they were table topics.

No matter what profession you are in, to succeed and really get ahead, you are going to need to speak in front of others and make presentations. Toastmasters has been a great and fun way to practice in front of a friendly and supportive group of people who are trying to do the same thing, and they all want to help you succeed.

A Note from our Current President

My Fellow MarathonMasters,

What an outstanding year for our club; so many accomplishments in so little time! I thank all of you for your gracious support, wonderful fellowship and exemplary effort. MarathonMasters is a terrific club with so much opportunity for communication and leadership experience.

Each and everyone one of you has taught me something valuable. I will forever appreciate the tools I acquired with you at MarathonMasters. I could not have done it without you.

I am absolutely certain that your incoming President will lead you on to another incredible year in 2011. Thank you for the opportunity to serve you, and thank you for all that you taught me during my time as your President. I wish you all the best!

Cheri Willard, President

Martha Demond 913-707-0327
Eldon Miller 816-686-3753

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Membership Roster effective May 26, 2010

Mary Bartnik, CC

Martha DeMond, DTM

Cora Fitch

Helen Gebre-Amlak, ACS, CL

Greg Green

Greg Justice

Mbaari Kinya

Paul McDonald

Eldon Miller, ACG, CL

Michael Mitchell, ACG, CL

Barbara Mulac

Mary Richardson

Rose Sanders-Likes, CC, CL, ALB

Jim Stoutenborough

Eslun Tucker

Cheri Willard, CC, CL

James Williams, AB, CL

Ed Wills

Zhi "Steven" Zhang

MarathonMasters has already achieved President's Distinguished Club status, which required achieving 9 out of 10 points. The club is shooting to end the TI fiscal year with at least 10 of 10 points, which would entitle us to *President's Distinguished Club* status.

GO TEAM!

Goals required for Distinguished Club status

1. 2 CC's
2. 2 more CC's
3. 1 AC-B, S or G
4. 1 more AC-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.

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Information: 10 Tips for Public Speaking



How to find your confidence in yourself

Feeling some nervousness before giving a speech is natural and even beneficial, but too much nervousness can be detrimental. Here are some proven tips on how to control your butterflies and give better presentations:

1. **Know your material.** Pick a topic you are interested in. Know more about it than you include in your speech. Use humor, personal stories and conversational language – that way you won't easily forget what to say.
2. **Practice. Practice. Practice!** Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
3. **Know the audience.** Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
4. **Know the room.** Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
5. **Relax.** Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. ("One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.
6. **Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping – it will boost your confidence.
7. **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They're rooting for you.
8. **Don't apologize** for any nervousness or problem – the audience probably never noticed it.
9. **Concentrate on the message – not the medium.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
10. **Gain experience.** Mainly, your speech should represent *you* — as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.