

The Cornerstone



*Official Bulletin of District 28 Toastmasters Serving
Southeast Michigan, Northwest Ohio, and Southwest Ontario*

Summer 2007

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A Funny Thing Happened...

*Kevin Olmstead, DTM
District 28 Lt. Governor of Education & Training*

“A Funny Thing Happened on the Way to the Park (Inn)!” Huh? Well, the District 28 Fall 2007 Conference is being held at the Park Inn in Toledo, Ohio, and since the contests this season are Table Topics and Humorous Speech, we decided to “humor” the focus of this conference. The Conference Committee Chair is Stephanie Powers, CC, the VP-Education of the Anthony Wayne Club.

The registration form for November 2-3, 2007, conference is available on the District 28 website: www.d28toastmasters.org, under "Fall Conference.”

District conferences provide excellent opportunities to learn, laugh, renew old acquaintances, and make new friends. In addition to the district-level Table Topics and Humorous Speech contests, the always interesting District Council business meeting, and a terrific array of educational workshops! Friday Fun Night is being arranged by District 28’s own Laff Out Loud, a club dedicated to humor.

We’re seeking workshop presenters, especially

those with topics with a humorous aspect. If you’re interested, please complete the application form (also on the D28 website) and/or contact LGET Kevin Olmstead at LGET@d28toastmasters.org as soon as possible. We’re also seeking volunteers interested in chairing or helping with sub-committees for the arranging the conference. Note--those leadership opportunities can easily become High Performance Leadership Projects or count in the CL manual!

We hope to see you at the Fall Conference!

Credit Card Option Available

An on-line payment option will soon be available for fall conference registration! A modest surcharge will cover the cost of offering this service. The link will be on the D28 website until October 27. Note: Due to cost considerations, this option will not be available at the conference itself.

Dues Time – It’s Almost Here

Club dues are “due” on October 1, so please encourage your club to begin collecting dues. It’s easy to forget, so we’re reminding you. Dues payments may be submitted on-line, or via mail or fax. We STRONGLY encourage on-line payment, in order to avoid lost mail, errors in payment amounts, and challenges with U.S./Canadian exchange rates!

Yes, It Was Possible!

Todd Brockdorf, DTM
Immediate Past District Governor

It gives me great pleasure to announce that District 28 has been named a DISTINGUISHED DISTRICT for 2006-2007, making it four years in a row having earned this award.

Initial end-of-year reports on the Toastmasters International website (toastmasters.org/dpr) showed us just five member payments short of our goal. However, it turned out that one of our clubs had submitted exactly five new member payments in early June. Due to a minor paperwork error, those new members were not processed for several weeks. After a few phone calls, World Headquarters cleared the issues and recognized our five new members, ending the year exactly on target for membership payments!

I am extremely proud of the District Executive Committee and the Leadership Team. If you looked back at the numbers in February, it would have seemed impossible to get even close to goal. We made up substantial ground in member payments during the final two months of the year. At the end of April, we were 474 member payments shy. By the end of May, we shaved that to 277 member payments, and in June, we added exactly that number. THAT'S INCREDIBLE! Everyone one who helped in this effort should take pride. Thank you to all of the clubs that added members during those last two months of the year.

Among some of the other highlights of this year:

- Added 7 new clubs to the district, rising to the 100 active clubs mark for the first time in history and surpassing our goal by 3 clubs

- 181 members earned a Competent Communicator Award, surpassing our goal by 46
- 74 members earned an Advanced Communicator Award, exceeding goal by 36
- 99 members achieved either a Leadership award or DTM, thereby earning the District the maximum number of points in this category, exceeding last year's numbers
- 18 out of 23 Areas achieve Distinguished or better status (78%) compared to 16 Distinguished Areas a year ago
- 5 out of 7 Divisions achieve Select Distinguished or better status (71%)
- 47 clubs achieved Distinguished status or better (50%), compared to 46 a year ago
- Improved speech contest quality by creating the position of District Chief Judge and held judges training at all major District events
- Held a joint event with National Speakers Association of Michigan
- Created the position of Corporate Club Hunter, designed to improve our marketing efforts to companies within our District
- Overwhelming response to the District Open House Contest

We had an outstanding year and I am proud of everyone who assisted in this effort. We did it ethically, honestly, and with integrity. The groundwork we laid this year will bear additional fruit next year and for years to come.

Congratulations, District 28. Yes, It WAS Possible, and WE DID IT!

Area Governor Visits Underway

Area Governors are currently conducting the first round of club visits. Each visit will include the completion of the "Area Report of Club Visit Form" (available at <https://www.toastmasters.org/fupload/media/1471-AreaClubVisit.pdf>) with the club officers. Your responses are very important, as they help the District Leadership Team with future planning!

Friends Helping Friends

*Karen Holland, DTM
District 28 Governor*



The programs offered by Toastmasters International through its member clubs, and through the District that serves these clubs, provide wide-ranging opportunities to help members improve their public speaking, listening and leadership skills. My goal this year as District Governor is to make the most of this excellent leadership opportunity which you, the members, have entrusted to me. Also, since the "D" in DTM doesn't stand for "done" I will continue working the program at the club level by presenting basic and advanced manual speeches, utilizing the Competent Leader manual, and encouraging guests to attend our meetings.

The 2007-2008 theme for District 28 is "Friends Helping Friends" because that's what we're supposed to do in Toastmasters. Clubs should be regarded as a safe place where there's mutual

respect, encouragement and support for each member, so that each member has the maximum opportunity to achieve his or her goals.

Without my Toastmaster friends, I wouldn't have had the courage to overcome my fear of public speaking. Without my Toastmaster friends, I wouldn't have even considered stepping outside the safety of my home club to join other clubs, to participate in speech contests, and to take on District Leadership roles. I am District Governor as a direct result of my friends, so I dedicate this year in your honor.

"Friends Helping Friends" - Helping to Try - Helping to Learn - Helping to Grow - Helping to Lead - Helping to Succeed - Because in Toastmasters, that's what we do. Together.

Letter from the Editor

*Joni Dewan, AC-B/CL
Cornerstone Editor*

I joined Toastmasters in February 2005 after a friend at work heard me say how much I enjoyed public speaking.

In October 2004 I had given a ten minute presentation about the developments within my department. This presentation was given to my company's global Human Resources (HR) Department. There were at least 100 people in the audience.

Since it was a global audience, I welcomed everyone in several different languages. I really enjoyed writing and delivering my presentation and knew that this type of work was what I wanted to do.

At the HR welcome dinner that evening, I was seated next to the Vice President of Recruiting. He

overheard me say how much I enjoyed presenting and how I wish I could do it more often. He immediately suggested Toastmasters! A month later I attended my first Toastmaster's meeting and joined a week later.

I'm Joni Dewan and am pleased to be the new Managing Editor of District 28th's Cornerstone. I have some great ideas such as "Club of the Quarter" where I'll feature a different Toastmaster's Club every quarter. I hope to visit as many clubs as possible and meet as many of you as I can. I look forward to speaking with you, sharing ideas and having fun.

In the meantime, if you have a story or idea you would like to share, email me at:

Cornerstone@d28toastmasters.org

It's Speech Contest Time!

The Fall 2007 District 28 Speech Contest Season is here! Contests this season include the Humorous Speech and Table Topics competitions.

The contest schedule is as follows:

Level	No earlier than	No later than
Club Contests	August 1, 2007	September 15, 2007
Area Contests	September 16, 2007	October 7, 2007
Division Contests	October 8, 2007	October 20, 2007
District 28 Table Topics and Humorous Speech Contests	Friday-Saturday November 2-3, 2007	Park Inn, Toledo, OH (Division A)

The schedule for individual area and division-level contests will be posted to the Contests section of the District website (www.d28toastmasters.org) as they are scheduled.

The winners advance to the District 28 Fall 2007 Conference, November 2-3, 2007, at the Park Inn in Toledo, OH!

For details on how to conduct a speech contest and helpful hints to ensure success, please review the handouts attached to the District 28 website under "Resources/Education."

If your club does not already have copies, 2007 Contest Manuals (#1173) and Rules (#1171) are available from the TI on-line store, www.toastmasters.org

Questions regarding how to run a speech contest? Contact the LGET at: LGET@D28.toastmasters.org

Questions regarding contest judging issues? Contact the District Chief Judge, Dulce Renaud, DTM, PDG, at dulced28@yahoo.com, or by calling (h) 586.759.4285. If there's no answer, please leave a message and she'll return the call asap.

September is Open House Month!

*Karen Holland, DTM
District 28 Governor*

District 28 declared May 2007 as Open House Month, and it was so successful that we have decided to do it again!

The Executive Leadership Trio (Karen, Kevin and Nancy) has declared September 2007 as DISTRICT 28 OPEN HOUSE MONTH! That means that ALL clubs are encouraged to hold at least one Open House or Lunch and Learn during the month of September, designed to attract new members to the club.

The goal is to attract new members prior to the October 1 dues renewal deadline, when clubs traditionally see a dip in membership numbers.

New members are great. They can help to reinvigorate a club in so many ways that help to

increase club quality. But wait, there's more! For community or specialty clubs that hold an Open House or for corporate clubs that hold a Lunch and Learn during the month of September and sign up 3 new members, their club will be entered into a drawing for valuable prizes. Area and Division Governors who have the most participation in their respective Areas or Divisions are also eligible for prizes.

Additional information is available on the D28 website (d28toastmasters.org) -> Resources -> Open House/Lunch and Learn Resource Package. Contest details, official entry forms, a press release, and tips for a successful event are all posted there.

Additional questions? Contact a member of the Trio!

GREAT WORK, COACHES!

Nancy Zychowicz, AC-G/CL
District 28 Lt. Governor of Marketing

Congratulations to the following **successful** Club Coaches, who helped their clubs to achieve Distinguished Club status or better for the 2006-2007 year:

- **Bob Russell, ATM-B/CL, for Speakers Corner/LTU**
- **Gloria Hamilton, DTM, for Success Builders**
Here's what Shirley Mitchell, a member of the club had to say:

“The 25th year for Success Builders Toastmasters found us in process of making a very difficult decision. Our club is small and the core members have been struggling to keep the club going and were running out of steam. We decided to have a Strategic Planning meeting and decide if we would continue the club or retire our charter. Gloria Hamilton (was) present at that meeting. Gloria said she hoped we would decide to continue the club and if we did, she would work with us as club coach. We made the decision to continue the club. We had an open house in May. We signed up one new member however more importantly we all recommitted to do our best to keep our club going and growing. We finished the Toastmaster year as a Select Distinguished club. I believe the support offered us by Gloria, our coach, is what saved our club. We are now looking forward to another 25 years.”

- **Tho Diep, CTM and Sheryl Blessing, DTM, for Wayne-Westland Easytalkers**
- **Steve Miller, CTM/CL and Y.S. Kim, DTM, for Credible Communicators**
Here's what Eric Schweers, a member of the club had to say about Steve Miller and their experience with him as a club coach:

“(Our club) almost folded... We started last year with one existing CTM, (and) not much experience in the group. (Thanks to Steve's efforts) we are a “reborn” club. “Steve:

- Was among the leaders who helped us get (our club) going again.
- Provided great leadership and guidance, especially with the challenges of a closed corporate club.

- Helped us with simple things like procedure and protocol, as well as the more complex issues like recruiting.
- Was an advisor, a coach, to help the club learn how to operate.
- Provided some successful strategies from his home club, and at the same time participated in our strategy discussions
- Brought experience with him, which was very helpful in learning how to do a good Table Topic, and an effective evaluation
- (Was) ALWAYS constructive in his comments, and really (treated) all the members with the highest respect.”

SPECIAL NOTE: Due to time constraints, we were unable to contact all the clubs above for feedback on their experience with a Club Coach. I'm certain we would have heard similar accolades for all the above-mentioned Coaches.

Does your club have 12 or fewer members as a base for this Toastmasters year? Would your club be interested in requesting a Club Coach? The rewards to the members when a Club Coach is involved can be immeasurable. Help your club succeed by asking for a Club Coach today!

Are you an experienced Toastmaster, interested in volunteering to become a Club Coach? Serving as a Club Coach will get you closer to achieving your Distinguished Toastmaster designation. The experience can be so rewarding, and a tremendous leadership experience! Volunteer today!

This year we have a wonderful Club Coach Team, Chaired by Pamela Williams. For more information on the Club Coach program, including how to become a Club Coach, or how to secure a Club Coach for your club, please contact her at (W) 313-966-0925, or ClubRebuilding@d28toastmasters.org

Communication and Leadership Contests

Kevin Olmstead, DTM

District 28 Lt. Governor of Education & Training

In honor of “Talk Like a Pirate Day” in September, the Educational Contests this fall center on leading (captaining) a ship, and on finding your “treasure” by completing speaking projects.

Captain Your Ship - D28 Leadership Award Contest

Arrrrr-----Leadership is not automatic. It requires practice. It requires training. There’s even a manual!

All members can practice their individual leadership skills by completing projects from the new Competent Leader manual. Club officers can also work on their leadership skills by attending club officer training and by serving their clubs, and can earn either a Competent Leader (old or new version) or an Advanced Leader-Bronze award. By serving the clubs of District 28 as a District Officer, members can work toward earning an Advanced Leader-Silver award.

“Captain Your Ship” runs July 1 – September 30, 2007, and will recognize individuals who earn leadership awards, including:

- Competent Leader (the “old” or “new” version)
- Advanced Leader-Bronze
- Advanced Leader-Silver

For all contests, winners of a random drawing will receive their just reward of a TI catalog gift certificate!

X Marks the Spot - D28 Education Award Contest

Arrrrr-----There are TEN projects in the “basic” Competent Communication manual. Completing two advanced manuals (TEN projects) is required to earn an advanced communication award, such as an AC-Bronze, AC-Silver, or, the top level of booty, an AC-Gold.

“X Marks the Spot” is designed to recognize and reward members who complete and submit communication awards to TI between July 1 – September 30, 2007, including:

- Competent Communicator
- Advanced Communicator-Bronze
- Advanced Communicator-Silver
- Advanced Communicator-Gold

We encourage you to collect as many chances as you can to win the random drawings for valuable treasures---TI catalog gift certificates!

For more information on the either of these contests, visit the District 28 web site: www.d28toastmasters.org.

If you have any questions about these contests, please contact Kevin Olmstead at LGET@d28toastmasters.org

Welcome to the District!

Kroger Toastmasters of Novi (#1037144) chartered on May 23, 2007. The company club, located in Novi, Michigan, is in Division G, Area 32. Club Sponsors are Marilyn Albee, DTM/PDG and Frank Cooper, DTM. The Club Mentor is Cliff Suttle, ATM-G/CL. The Sponsoring Clubs are Laff Out Loud and Dearborn Dynamic.

City of Ann Arbor Toastmasters (#1034115) chartered on June 25, 2007. The club, designed for employees of the City of Ann Arbor, Michigan, is in Division C, Area 12. The acting Club Mentor is Kevin Olmstead.

Success Talkers (#1007906) chartered on June 30, 2007. The club for students at Wayne County Community College District in Detroit, Michigan, is in Division F, Area 29. Club Sponsors are Paula D.

Shelton, DTM and Mildred C. Matlock, DTM. Club Mentors are Elizabeth Atkins and Claudia Scott, DTM. The Sponsoring Clubs are PowerTalkers and Detroit ROCKS!

Distinguished Team Members (#1062150) chartered on June 30, 2007. The advanced club, located in Detroit, Michigan, is in Division F, Area 28. Club Sponsors are Pamela D. Jones, DTM and Shirley A. Mitchell, DTM. The Club Mentors are Pamela Williams, DTM and Nancy Zychowicz, AC-G/CL. The Sponsoring Clubs are Toastaholics and Success Builders.

St. Clair River Toastmasters (#8060) is an existing club that recently transferred from District 62 after it moved its meeting location to Chesterfield Township. Welcome to District 28!

Table Topics Workshop a Success

Joni Dewan, AC-B/CL
Cornerstone Editor

On Thursday, May 17, Toastmaster clubs Saturday Sunrisers and Dearborn Dynamic hosted a joint Open House and Table Topics workshop. John Bohn, CC, emceed the event with Fall 2006 Table Topics Champion, Cliff Suttle, ATM-G/CL presenting. Cliff made it fun and informative.

Toastmasters from many clubs, including Birmingham Toastmasters, Ford Toastmasters and Tier 1 Talkers, attended.

For those of you who missed this educational evening, here are a few “tips from Cliff.”

- Volunteer, volunteer, volunteer. Table Topics is like anything else – the more you practice the better you become. As the saying goes, feel the fear and do it anyway.
- What’s Your Point? Think first about the main point you want to leave your audience with. That is your conclusion. Keeping that in mind as you formulate your opening and the subpoints leading to your conclusion should make speaking easier.
- Have your Table Topic response evaluated. During a break or after the meeting ask your

fellow Toastmasters for feedback on the flow and content of your response. Just as for speeches, constructive feedback will help you improve your gestures, eye contact and vocabulary, ultimately improving your response.

- Become involved in contests! Show what your Toastmasters training has done for you. It’s a personal challenge and a lot of fun.

Having a Table Topics workshop was one of the best things we have done for our members. In speaking with those who attended afterwards, they agreed!



Club Officer Training Update

Kevin Olmstead, DTM
District 28 Lt. Governor of Education & Training

Club Officer Training (summer session) runs through August 31, 2007. As of August 1, we’re delighted to report that more than 60 clubs have had four or more officers trained. Furthermore, the following clubs had ALL SEVEN officers trained: Fremont, Washtenaw, C Notes, Acorn, Optimistic Orators, Unity IV, Toastaholics, Powertalkers Downtown, Dearborn Dynamic, Wayne-Westland Easy Talkers, and Laff Out Loud.

Club officer training is important because research has proven that Toastmasters clubs that send their officers to club officer training are statistically far more likely to be successful. The odds of your club being successful, and of your members getting the most out of their

Toastmasters experience, are much greater if your officers are trained. PLEASE don't let these opportunities to learn and to improve your leadership skills go to waste! Additional make-up training sessions are being planned by some Division Governors, and will be announced on the District web site and by e-mail to the club Presidents.

The next round of training will be held in January-February 2008. (The dates and locations will be announced well in advance.) These sessions will cover different topics than the summer training, so please plan to attend one of the winter sessions!

Membership Building Contests

Fast Start – District 28 Contest

Just because it's summer, don't lose focus of your Toastmasters goals, including bringing in new members! This District 28 membership building contest is designed to reward clubs that use the warmth of summer to GROW! What a great opportunity for your club to reach membership growth goals NOW! YOUR club can be recognized at the Fall Conference!

Contest Categories

Clubs with membership as of July 1*:

- 6-12 members
- 13-19 members
- 20+ members

Rewards & Recognition

The following will be awarded in each category to the clubs with the **largest percentage increase in membership from July 1* – September 30, 2007:**

1st Prize: \$20 District 28 Bookstore Certificate
2nd Prize: \$15 District 28 Bookstore Certificate
3rd Prize: \$10 District 28 Bookstore Certificate

Notes:

- Prizes are awarded to the clubs.
- All ties will be resolved via a random draw.

- Entries will be based upon data obtained from TI, so there's no need for individual clubs to supply it to us. Just submit those applications to TI as you usually would.
- ***All clubs tied to place + winning clubs will be recognized at the Fall Conference!***
- *Results of % increase will be calculated on the membership "base" of the club as recognized by TI at the beginning of this Toastmaster year.
- Questions about the Fast Start Contest? Contact Nancy Zychowicz, at LGM@d28toastmasters.org.

The Smedley Award – TI Contest

Named for TI's founder, Dr. Ralph C. Smedley, this program *recognizes clubs that add five or more new members during the months of August and September*. The prize is the commemorative Smedley Award banner ribbon.

For more information on the Annual Membership Program, The Smedley Award, and other TI-sponsored membership building contests, visit the TI web site:

<https://www.toastmasters.org/fupload/media/1620%20-%20Simply%20Amazing.pdf>

Advanced Articulators (A²) Toastmasters Club is looking for new members!!!

*Sheryl Blessing, DTM
Past District Governor*

If you've achieved the Competent Communicator or Competent Toastmaster Award (or higher) you qualify to join an Advanced Toastmaster Club.

Why join an advanced club? Among many of the benefits, an advanced club allows more time for those longer, more challenging speeches. You will also receive excellent feedback – each speaker receives a "round robin" evaluation as well as the usual "book" evaluation.

So if you've stalled after achieving your first goal, the CC or CTM, join the one and only advanced club in Ohio, Advanced Articulators! First Presbyterian Church, 2nd and Elm Streets, Perrysburg, Ohio 43551 (just across the {other} border from Michigan!)

Meets: 3rd Friday - 6:45 p.m.
5th Friday - 6:45 p.m.

Contact: Tony Slawinski, DTM
419-340-4120
tony.slawinski@us.bosch.com

How Do I “Look” For My Radio Interview?

Mary Comfort, ATM-B/CL

Area 22 Governor and VPM, Unity IV #6838

The organization where I work, the Father Solanus Guild, recently hosted a play called “Solanus” about the life of Fr. Solanus Casey. One of my goals as the event coordinator was to work toward free advertising. Among our supporters was Teresa Tomeo, formerly of WKBD-TV 50 and ABC (Channel 7). Rather than a free announcement, Teresa asked if she could interview me. She would call me at home to chat about the event while broadcasting on the air. I was so excited! I planned and rehearsed my lines like any Toastmaster. I was ready...or at least I thought so. On the morning of the interview I started clearing my throat and developing other nervous habits that I don't usually experience before a speech. What was missing? The audience! The unseen radio listeners gave me no pre-speech words of encouragement. They wouldn't be available afterward to give me feedback. I was alone in my home office. Finally, the phone rang. It was the production manager to get me started. When Teresa came on the line, she put me at ease right away with her sweet and casual demeanor. "How do I look?" I joked. She immediately responded, "You look great!"

Soon we were live on the air in front of the invisible audience. None of Teresa's questions fit the way I had practiced the answers. Suddenly I was in the middle of the most nerve-wracking Table Topic of my Toastmaster's career. I felt like I was stumbling, hesitating, and grasping for words. My arm ached from gripping the phone! I thought to myself, "What am I saying? This is coming out all wrong! Where am I going with this and how will I wrap it up?" Later, I listened to the playback on the website which relieved my fears. In the end, my message was clear and purposeful. My confidence was intact once again.

This interview qualified as the Ice Breaker speech toward my next Competent Communicator (CC) Award. In this real-life situation my boss is the evaluator that mattered most. He was pleased with my performance.

To see whether you agree, log onto www.wdeo.net and click on the "Missed a show?" archives link. Click on Teresa Tomeo's banner at the top and find the "Listen Here" link for June 13, 2007. I made my radio debut in the second hour. If you want to scroll ahead, I appear about halfway through. So tell me... how did I look?

More Recent Media Mentions

Annette Kinsey, CTM, Toastaholics, hosted their 2nd annual Youth Speaking Seminar on July 21, 2007. The seminar was featured in Sunday's edition of the Detroit Free Press on July 22, 2007 and read, "Toastmasters club helps kids get over fear." Annette coordinated this conference that exceeded 60 children. The day was a success as the children learned how to put together thoughts and then put those thoughts into speeches. At the end of the day, the speeches were presented to an audience of their peers and parents. What an accomplishment! Way to go, Annette!

Ivory Williams, DTM, Powertalkers Downtown, was interviewed for the Spotlight segment on National Public Radio (NPR) on July 23, 2007, the 40th anniversary of the Detroit Riots. It was his personal story of his experience as a 17 year-old man during that time which highlighted the importance of choices and the impact his grandma made that had a positive effect on him to this day. To listen to Ivory's story, visit NPR.org.

Chris Bloodworth, CTM, and Area 18 Governor uses his Toastmasters skills to read articles from the *Michigan Chronicle* newspaper on WDET radio every other Saturday from 12 Noon – 1 p.m.. An Internet link to the program can be found at www.wdet.org/dris. Pass this man a copy of the Interpretive Reading speech manual!

Kevin Olmstead, DTM and District 28 Lt. Governor of Education & Training, recently had a couple national media gigs where he tried to get the word of Toastmasters out. In July, Kevin was the opening Toastmaster for the luncheon at Game Show Congress 6 in North Hollywood, CA. The luncheon was broadcast on Internet Radio, and Kevin made a point of mentioning Toastmasters in his remarks. On August 4, Kevin appeared on GSN (Game Show Network) as a contestant on a new game show called "Grand Slam". A pre-recorded piece introducing Kevin was partially taped at the Dearborn Dynamic/Saturday Sunrisers Open House and Table Topics Workshop and our own **Karen Holland, DTM** and **Marilyn Albee, DTM/PDG** were interviewed. Articles about his appearance were included in the Saturday, August 4 issues of both the *Detroit News* and *Detroit Free Press*.

I've Got a Secret

Jason Breault

OHM Toastmasters

Would you like opportunities for leadership, personal growth, expanding your professional network, and experiences you'll never forget? Would you like to be part of an organization that has members in almost every country in the world?

If after reading this, you think this might be the newest "direct marketing" program that is going to change your life, you're wrong. It is Toastmasters International and this is my story.

Recently I attended a public meeting for a road construction project in a local community. My role was to support our client, a county road commission, while the client presented the project's impacts to the residents. This was my first public meeting as an engineer.

We arrived fifteen minutes early and encountered a crowd of residents gathered at the door. I thought they followed us into the meeting to see our great exhibits. I was wrong. During the presentation a few people became upset when they saw the impacts to their property.

One resident voiced her concerns to a representative of the county then turned her guns on me. Not only did she attack my work but she personally attacked me. I felt my heart begin pumping. I was approaching the "fight or flight" stage. It was then that I thought to myself that I've been here before. It reminded me of how I feel during table topics in my Toastmaster meetings. Immediately I was able to calm my heart rate and mind. I was in control thanks to my Toastmasters training. After speaking to her in a calm voice and showing that I was willing to listen, she actually began to calm down. She still wasn't happy about the project but at least we were able to talk like adults.

Here's my not so secret "secret". Like most things, Toastmasters is what you put into it. If you want to achieve leadership opportunities they are there for you. If you want to become a better speaker this is a place for you. If you want to exercise your "on the spot" thinking Toastmasters can help with that, too. Find a club, join a club and in no time you'll be speaking with confidence -- even in the most hostile environments!

*Celebrating a Club Anniversary?
Want to Recognize a Member's Special Achievement?
Advanced Club Looking for New Members?*

Advertise in the Fall 2007 District Conference Program!

All ads within the program are black ink on white paper. Please choose one of the following (prices in U.S. dollars):

† Full Page - \$100 - 8.5x11

† 1/4 Page - \$25 - 4.25x5.5

† 1/2 Page - \$50 - 8.5x5.5

† 1/8 Page - \$15 - 4.25x2.75

† **Back Cover - \$250 - Full-color, full-page! Premium advertising spot! Only one available!**

DEADLINE: October 12, 2007

Please make cash, check, or money order payable to "District 28 Toastmasters." Mail with this form to: Kevin Olmstead, 2 Northwick Court, Ann Arbor, MI 48105

Include non-returnable ad copy and artwork or email to LGET@d28toastmasters.org

Our staff will design the ad for you or cut & paste from your PDF document.

Questions? Get answers at 734.239.3733.

Your Name _____ Phone # _____ Email _____

The River of Life... Takes Me to Rochester, New York

Jeff Hampton, AC-B, Birmingham Toastmasters

Life teaches us many lessons. One I recently experienced was “Expect the unexpected.”

This realization came when my speech for the Toastmasters International Speech Contest, “The River of Life,” carried me through the Club, Area, Division and District competitions to the regional contest in Rochester, New York.

One of the central themes from that speech was life is like a river -- you never know what lies just around the next bend. Little did I know how appropriate this theme would be to this year’s competition. Each phase of the competition, a new bend in the river, yielding a new and wonderful lesson.

When I joined Toastmasters in 2001, I was simply looking for a “hobby.” I had no idea I would be able to develop the skills needed to win at the District level and go onto Regional.

Here are a few personal life lessons from this wonderful trip:

First, the system works! Go back to the basic manual, study the principles in the first ten speeches required to attain a CC. All of the disciplines needed to win at almost any level are in this well thought out manual.

Second, listen to your elders! That is, take the advice of Toastmasters who have experienced competing. After winning the Club competition in 2003, 2004 and 2006 and then bombing at the Area and Division level, I was fortunate enough to have a couple of “senior” Toastmasters take me aside and gently inform me what judges look for in a contest speech. I changed my style, and as they say, the rest is history.

Third, it is never too late to start. At the somewhat advanced age of 50 something ... I thought I had experienced just about every unexpected thrill possible; baseball titles, college graduations, skydiving, children; but the elation of hearing my name called as the International Speech Contest winner at District was unremarkable! The dinner

following the announcement was as fun-filled an event as I can remember. It was my 15 minutes of fame.

Fourth, embrace Toastmaster diversity. During the six weeks between the District and Regional competition, I was fortunate enough to visit twelve different Toastmaster clubs to “vet” my speech. Club sizes ranged from six members up to thirty; from Troy to Toledo; Birmingham to Detroit; advanced to brand new – all with the same basic Toastmaster spirit, yet all unique. My only regret was that I waited so long to use the Regional speech preparation as motivation to experience this wonderful diversity.

I plan to continue my exploration of different clubs. My advice for those who might not have ventured out from their home clubs is hit the road! Marvel at the level of talent this District has.

Fifth, gratitude. To the numerous Toastmasters who invited me to their various clubs allowing me to get all the preparatory “stage time” I could possibly desire. Many of the suggestions from the evaluations were used to modify my speech, making it better and with a stronger message.

Finally, and probably the most important life lesson, be humble. As I mentioned earlier, District 28 produces dozens of speakers capable of winning the next District speech contest. I came out of nowhere to win this competition and there are many others capable of doing the same next year.

I was able to see many of these speakers perform at the various clubs I visited as I prepared for my Regional competition. As I sat and watched numerous speakers at these clubs I often found myself thinking, “Good grief, here is a finalist for next year’s contest.” It was during this phase of my preparation that I realized how fortunate I was to be representing D28 in the Regional. Be proud, but humble. Realize this is an experience that there is no guarantee of acquiring again.

Having said that, I still hope to make it to Montreal next year for the Region VI competition.

CLUB OF THE QUARTER

Saturday Sunrisers

*Joni Dewan, AC-B/CL
Cornerstone Editor*

When most Toastmasters are still catching their 40 winks, there is a certain group of people that rise with the sun every Saturday morning to do something they love – Toastmasters.

President Dawn Nakamura, VP Education, Tho Diep and Sergeant at Arms, Bruce Bacon make sure to arrive bright and early at the Unity Church in Livonia to make coffee and set everything up for the meeting, fellow members and guests. As the rest of the members arrive, you cannot help but feel *and see* the camaraderie in the room.

Newest member, Andy Krishnamurthy remarked, “Saturday Sunrisers is a great place to make excellent connections with friendly people and has a great atmosphere. Every Sunriser made sure to get acquainted with me when I first joined and shared the club’s common initiatives and goals.”

Saturday Sunrisers has been a club for more than 20 years. The members are bright, talented and passionate about Toastmasters. Veteran Stan Mann said, “I’ve been a member of Saturday Sunrisers for over 20 years. I like the socializing as much as I like hearing other people improve their speaking abilities. It’s a great place to have fun, network with people and helps keep my speaking skills sharp.”

Each Sunriser takes their role seriously and works well as a team to consistently brainstorm ideas. The Sunrisers receive kudos for hosting a team-building workshop at the District 28 2006 Fall Conference and the Table Topic Workshop held in May in Livonia, Michigan.

Even after the Toastmaster meetings, the Sunrisers will sit around and talk about increasing membership and upcoming speeches. Their latest



project has been focused on building membership whereby the club has advertised in newspapers and on television; however, their most prized possession is the bright colored bookmarks that were designed by the club with the slogan, “Seize the Day with Saturday Sunrisers.” Each member contributed to the design and layout of the project with special recognition going to Toastmaster John Bohn for the powerful slogan.

At some point, the Sunrisers take their Toastmaster hats off and you can hear them talk about the latest jokes with Toastmasters Rich Paul and Harpo Anderle, proper nutrition with Toastmaster Dr. Sharon Oliver, football with Toastmaster Bill Morrison and books with Toastmaster Ram Tenneti.

Each Sunriser agrees that their club would not be the same without the support and encouragement of former Area Governor, Tho Diep, and Division Governor, Y.S. Kim.

Saturday Sunrisers is a Club that works together to make Toastmasters the great organization it is. Come visit them every Saturday, 8:45 am, at Unity Church of Livonia, located at 28660 Five Mile Road, Livonia, MI 48154.

Public Speaking, Private Thoughts

Stephanie Williams

Toast of Dearborn and Ford Toastmasters

It's your turn to speak. The Toastmaster begins to read your introduction. Then it starts, the conversation you have with yourself – questioning your skills as a public speaker. You're thinking, "What am I doing here? I'm going to make a mistake. I'm going to forget what to say." The list goes on. This internal dialogue is often referred to as self-talk, and more often than not, it is negative.

We all know that public speaking is not an easy task for most. In fact, it is one of the most feared social situations. Based on this, it is particularly susceptible to negative self-talk, especially directly before and after you speak. In preparation for this article, I conducted an unofficial survey of Toastmasters and non-Toastmasters to find out the kind of things they tell themselves about their public speaking ability. As I suspected, the vast majority admitted to negative thoughts similar to those listed above. Of the 20 people surveyed, only two spoke positively to themselves before speeches and presentations.

Self-talk is powerful! It confirms what we believe about our abilities as well as our potential successes or failures. What we tell ourselves about our public speaking ability is generally what we believe. If we believe we cannot deliver a successful speech, we probably can't...and won't. Henry Ford said, "If you think you can or think you can't, you're right." The Bible says, "For as he thinketh in his heart, so is he."

Research also confirms the relationship between our thoughts and our performance. Psychologist, Albert Bandura, conducted extensive research on self-efficacy, an individual's belief that he or she is capable of performing a specific task. Those with high self-efficacy tend to approach tasks as challenges to be mastered rather than threats to be avoided. Successful prior experience is the most effective way to increase self-efficacy.

Toastmasters provides the opportunity for many public speaking successes.

The first and most important step in combating negative self-talk is self-awareness. If you don't realize you are engaging in negative self-talk, you will not be able to put an end to it. Once you identify the negative self-talk, replace it with positive statements about your public speaking ability. These positive statements are referred to as positive affirmations. Positive affirmations are simply the opposite of negative self-talk. It may seem silly at first, but you might be surprised how quickly you begin to believe you can present a successful speech. For example, tell yourself, "I enjoy public speaking. I am an accomplished speaker and every time I speak I get better and better."

It is ironic how supportive and encouraging we are of our fellow Toastmasters, yet we don't give ourselves the same consideration. As Toastmasters we have taken a significant step toward improving our public speaking skills. Let's give ourselves credit and think positive!

The Cornerstone goes Electronic

You are reading *The Cornerstone*, the official newsletter for our District. As such, it is the only communication that the District has directly with every member within our District, as we give YOU important information about upcoming contests, officer training conferences, and educational award opportunities.

We are committed to continuing to provide this crucial information link to our members. However, printing and mailing *The Cornerstone* is very expensive. In 2006, it cost us roughly \$1100 to print and mail each edition out to each of the roughly 1800 members of our District. To better utilize our

resources, the District converted publication to a primarily electronic format, with a PDF posted on the District website, www.d28toastmasters.org. We do realize that some of our members have older computer systems or no computer at all, and so have limited or no access to the Internet. Others simply prefer to receive a printed copy of the newsletter.

If you would prefer to receive your issues of *The Cornerstone* in paper form, please let us know by sending an e-mail to PRO@d28toastmasters.org or by sending a note to the Cornerstone Editor. We will then happily put you on the list to receive a mailed or hand-delivered copy of the newsletter.

My Toastmasters Journey in Michigan

Y.S. Kim, DTM

Division G Governor, 2006-2007

It all started in December 2001 with a postcard that one of my mentors at Ford gave me. The postcard read, "Want to improve your ability to speak before groups, interact with other professionals, and meet the demands of daily life with greater confidence? Toastmasters International can help you do just that! Contact their headquarters for the location of a club near you! Toastmasters International, P.O. Box 9052, Mission Viejo, CA 92690, (800) 9WE-SPEAK."

A few months earlier, I started a new job at Ford as head of a profit center with about forty employees. It was a very exciting career opportunity. I was required to conduct impromptu meetings such as one-on-one sessions with employees, weekly management meetings, project meetings, and monthly department meetings at the center. In addition to these meetings, I was also required to conduct or attend meetings outside the center. I loved my new job, but I dreaded all those meetings. I had panic attacks whenever I had to speak to more than one person that I did not know well. I was so petrified sometimes that I forgot what I was going to say or I couldn't remember what I had said. I desperately wanted to overcome my fear of public speaking.

The Toastmasters postcard was heaven-sent. I made my very first visit to a club in January 2002. The club was Motor City Speak Easy, where I was warmly received by all the meeting attendees. In the following month, I gathered enough courage and made my Ice Breaker speech and won the Best Speaker ribbon. I still remember how I felt, as if it were just yesterday. As soon as I came home, I phoned my siblings in Boston and Korea, crying and sharing my joy and pride with my five brothers and sister because I took my first step toward overcoming my fear of public speaking. Since joining Motor City Speak Easy, I have served as Club Treasurer, Secretary, and VP-Membership.

In August 2004, I joined my second Toastmasters club, Saturday Sunrisers because I wanted to use Saturday mornings in a constructive manner. You see, I used to call my only sister at 8 a.m. every Saturday until her death in July 2004. I was having a tough time dealing with my loss, but rather than crying my Saturday mornings away, I decided to use those painful mornings to further improve my communication and leadership skills. I am sure that's what my sister would have wanted me to do. My friends Saturday Sunrisers not only helped me deal with my loss better but also provided me with opportunities to learn and grow. I really enjoyed serving as VP-Education under Tho

Diep's leadership for 2005-2006. Tho Diep has been my mentor and one of the best club presidents I ever met. He never ceases to amaze me with his communication and leadership skills and also his display of unwavering commitment and professionalism. He was the one who encouraged me to serve as a district officer.

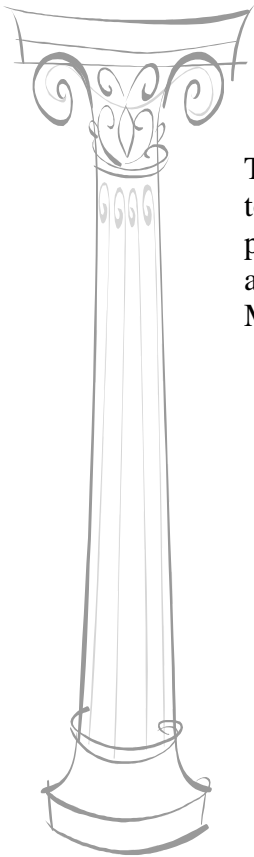
Thanks to Tony Slawinski, in 2005-2006 I had the opportunity to be Area 11 Governor. I was very fortunate to work closely with four club presidents, who were challenging initially and very different from each other. They surely provided me ample opportunities to learn and grow. Thanks to their hard work and team efforts, three out of four clubs attained President's Distinguished Club status.

Thanks to Todd Brockdorf and Nominating Committee, in 2006-2007 I had another great opportunity to serve as a district officer, i.e. Division G Governor. I was again very lucky to work closely with a group of four diversified Area Governors who proved that team work would not only make anything possible but also make it better. Thanks to their hard work and team efforts, two areas attained President's Distinguished Area status and two areas attained Select Distinguished Area status.

In addition, I also had the chance to serve as Registration Chair for both a district and Region VI Conference and as the Realignment Committee Chair for 2007-2008. The experiences I gained were invaluable.

When I first joined Toastmasters, my main goal was to overcome my fear of public speaking. After five years and six months, I can confidently state that Toastmasters not only has helped me overcome my fear of public speaking but also has provided me many opportunities to improve my communication and leadership skills, to learn to respect diversity, and to meet people from all walks of life and get to work closely with many of them.

I have certainly enjoyed my Toastmasters journey in Michigan. As some of you already know, I will be permanently relocating to Boston, MA in August 2007. I would like to take this opportunity to thank each and all those Toastmasters whom I was lucky enough to meet during my stay in Michigan for providing me growing and learning opportunities. I am very grateful to the past and present District 28 leaders for giving me opportunities to serve the district. My special thanks go to all my club members for embracing me and letting me learn from each and all of you. It surely has been a wonderful Toastmasters journey. So long and thanks to District 28!



Cornerstone Staff and Publishing Information

The Cornerstone is an information tool for members and the general public of District 28. Comments and ideas are always welcome.

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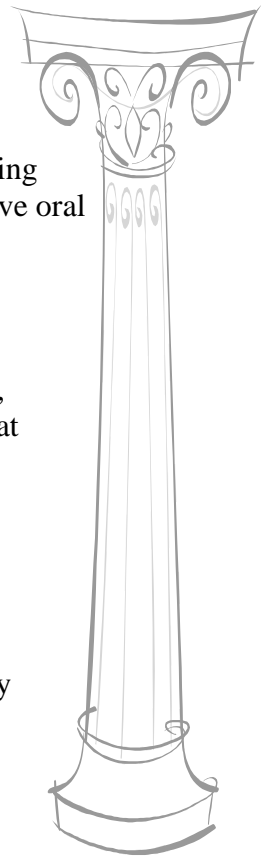
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Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member Clubs, Toastmasters International helps men and women learn the arts of speaking, listening and thinking – vital skills that promote self-actualization, enhance leadership, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of Clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.



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