

*District 22-Winner-2004 Toastmasters Excellence in Leadership Award*  
**Toastmasters District 22 Bulletin - 05 Apr 2005**

Announcements, Recognition, Reminders, Tips from District 22

Visit the District 22 Website:

[www.toastmasters22.org](http://www.toastmasters22.org)



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## ***Don't Burn Out, Burn Brightly !***

by Marianne Lee, DTM, PDG

A U.S. News & World Report cover story states, "Plagued by stress, a growing number of people say they think time is becoming more precious than money and are trying to slow down."

Unfortunately those either in leadership or contemplating taking a leadership position for Toastmasters too often find ourselves backing off of projects because we incorrectly believe that is the only way to avoid the stressors of the challenges.

Dick Biggs, author of *Burn Brightly Without Burning Out*, whose company serves Fortune 500 companies as trainer and adviser, counsels "Between boring and burnout, there's a balance based on managing stress by making time for serenity."

When I was serving as District Officer, I was under the usual leadership stressors: deadlines, travel, problem solving, etc. Two stress-reducing skills that Biggs offered were paramount to helping me to continue to be productive in my District Officer role, at work, and at home.

First, ***schedule*** time for recreation and other ***positive*** stressors. In my first year in leadership, I sat down with my calendar and scheduled things three years out. That allowed me to plan family

or personal time as well as Toastmasters leadership items and stick to my plan. Just having the personal recreation time on the calendar to look forward to frequently became a stress-reliever in itself.

Second, ***combat*** negative thoughts with genuine positive ones. I won't deny that this took practice. My co-leader, **Lois Harger**, jump-started this for me. I was feeling overwhelmed. When I expressed to her that I didn't feel competent to live up to the District Officer positions and probably should resign, she sagely advised me to "look rather at all that you have already accomplished; the task is well under way!" When I made that inventory, my stress was reduced, and my thoughts were bolstered. I was able to begin to practice that method of stress-reduction, and (joyously) finish two years later as Distinguished District Governor. I didn't get it all perfect, but I did get the benefits of the leadership roles!

Don't let negative stress rob you from being in leadership and gaining all the positive aspects from that experience. You will lose the fun of meeting new people, new challenges, and learning great and wonderful things which you had not known before. Practice these skills of scheduling tranquility and combating negative thoughts with genuine positive ones. Lead! Mentor other leaders! Don't burn out, burn brightly!

## *Toasting and Roasting-a Few Things to Keep in Mind !*

by Peggy Lynn, ATMB/CL, PR Officer

Spring is here with summer approaching. During these seasons for big gatherings, you may find the opportunity to offer a toast or perhaps a roast. A few things to keep in mind follow.

### The TOAST

The custom of toasting dates back to the ancient Romans and Greeks raising a drink to honor their gods. Romans used to brown their bread in the fire. If the bread became too hard, they placed it in the bottom of their tankard to soften in the sediment. The "toast" concept eventually evolved into the bread-soaked drink itself. Then the person in whose honor they consumed the drink became the "toast."

A toast usually bestows good wishes or hopes for happiness, health and good fortune or other positive thoughts. Well-done toasts require thought prior to words spewing. The giver generally personalizes the nicest ones with those personal stories about the recipient or perhaps a cherished quote appropriate to the event. However, a toast is actually a mini-speech with an opening, body and conclusion. It should fit the occasion in mood and language. It should contain vocal variety. It should be sincere - heartfelt toasts are always winners! It is best to avoid cliches or tired expressions. Toasts should never embarrass anyone. The toast-giver should be sensitive to the audience and occasion. One of the biggest things to keep in mind when toasting someone is **TIMING!** It is important that everyone have a glass in their hands or nearby, preferably just after beverages have been served with the room relatively quiet to capture the audience's attention.

### The ROAST

The word alone implies heat. During the roast someone is embarrassed or "cooked" in a fun way! The roast is usually a positive recognition

for the person's achievements or even a fund-raiser for charity where people actually gladly pay to hear that recipient skewered. Unlike other forms of speech in recognition of someone, the roast depends on wit, satire, and other forms of humor.

Occasions like farewells, promotions, anniversaries or other life accomplishments are opportunities for roasts. Generally there is a group of roasters willing to deliver several minutes of material each, often near a banquet table over dinner. A host, or Roastmaster, keeps the roster of speakers moving along. Jokes and anecdotes about the honored guest rule the day. The best roasters deliver these in a good-natured way. Some stories may even be fictitious! The list may be long and funny but, in the end, the roast recipient is given the opportunity to respond to any and all. The biggest challenge in roasting is finding the person capable of handling good-natured verbal abuse with grace and cheerfulness. That person should be well known by many - enough to make the roast funny. Of course, the more famous a person is, the more material for roasting the roast-giver will have at his or her fingertips or keyboard from newspapers, magazines or Internet sources these days. It just might require digging! The roast recipient's family will almost always help with ideas too.

If you plan to toast or roast, it's best to rehearse your material. The story can be great but the delivery might bumble it. Timing is still important! Overcoming nervousness through rehearsal, coaching, and opportunity is the best way to speak in public successfully, as all Toastmasters know. Roasts, toasts, business meetings, church events, weddings, anniversary parties or whatever the occasion may be, the opportunities exist as people gather now for celebrations.

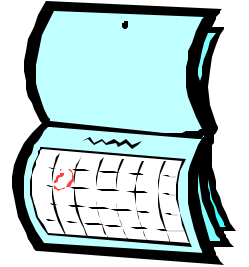
Additional information on toasting and roasting is available in the Advanced Communication and Leadership Manual **Special Occasion Speeches**. Let the goodwill count towards an advanced speaking goal - if another Toastmaster is there to evaluate!

## Key Calendar Dates 2005/06

To avoid missing great opportunities during our next Toastmasters year, reserve key dates on your calendar now. Find the year-at-a-glance calendar on the Event Calendar page of [www.toastmasters22.org](http://www.toastmasters22.org).

Club Officers: Make a special note of the Club Officer Training dates. Be sure that the successor to your position knows about Club Officer Training.

Area and Division Governors: Make note of AG/DG Training and the DEC Meetings. Be sure that your successor knows about these dates.



Nominees/Candidates for All District and Club Leadership positions: Look over the calendar to be sure that you will be able to attend key events when you accept a leadership position.

## Newly Forming Clubs

**Grain Valley Toastmasters**  
Thursdays, 7:30pm-8:30pm  
Community of Christ Church  
32901 East Pink Hill Road  
Grain Valley, MO  
Contact: **Duane Porter**  
816-210-4314  
duaneporter@yahoo.com



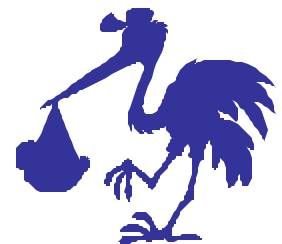
**McPherson Toastmasters**  
Wednesdays, 5:00pm  
Hospira Building  
1776 N. Centennial Dr.  
McPherson, KS  
Contact: **Charlotte Pinkall**  
620-245-6215  
charlotte.pinkall@hospira.com

## Record-Setting Registration !

**Larry Wilson**, D22 Conference Registration Chair, reports that we have 51 clubs and 398 individuals registered for our Spring conference. This is already an all-time record for registration and there's still time to get in on the excitement. If you haven't yet registered, visit the Conference Info page of: [www.toastmasters22.org](http://www.toastmasters22.org).

## Welcome

**Fountain Head,**  
Club **740825**  
Kansas City, MO  
March 17, 2005



## Area Governors Corner

### Club Membership Renewals

Call or email each Club President in your Area to verify that they have submitted club dues.

### Area Speech Contest

Conduct Area International Speech and Table Topics Contest.

### Club Visits

Make your Club Visits. Complete and submit the paperwork for your visits no later than April 30th. To make the most of your visits, review each club's progress on DCP goals prior to making your visit.



## Club Officer April Checklists

- \_\_\_ **All Officers:** Review your Club Success plan. How's your progress toward Distinguished status so far? See the set of monthly Club Officer checklists on our website: [www.toastmasters22.org](http://www.toastmasters22.org).
- \_\_\_ All Officers: Put plans in place to have a smooth transition from your officer term to that of the person who will follow you.
- \_\_\_ Club VP Membership and VPPR: Work with the officer team to continue membership building so your club has at least 20 members.
- \_\_\_ Club President: Conduct a Club Executive Committee meeting.
- \_\_\_ Club President: Make arrangements for Club Officer elections to take place in early May.
- \_\_\_ Receive proxies for the Regional and International business meetings. These will come from Toastmasters headquarters. You'll need to sign these forms and mail them to the D22 Governor noted on the forms.