



# TOASTMASTERS INTERNATIONAL NEWSLETTER

## Club News & Events

### LAST CHANCE

### TOASTMASTERS

March 2018

President – Mark Studt

VP Education – Hans Hoelstad

VP Membership – Brittany Davis

VP PR – Jack Carlson



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### UPCOMING:

#### Area Contest

Area 14 Evaluation and International Speech Contest will be held on March 24<sup>th</sup> from 2 to 5PM at St. Paul Methodist Church.

#### Leadership Nominations

End of current term is fast approaching. If anyone is interested in an officer role, please contact Teresa Allison.

#### Pathways Presentation

Delivered by Kent Barnes at our April 12<sup>th</sup> meeting at MDT.

### THE LEARNING PROGRAM – PATHWAYS

**Club Mission** - We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

**Pathways** learning program is a core element in accomplishing our mission.

**Pathways** is a state of the art educational program newly implemented by Toastmasters (2017). Full implementation in our district begins April 24, 2018.

#### **Pathways provides:**

- A learning experience tailored to your personal and professional goals
- The opportunity to develop many skills relevant to an evolving global marketplace
- Recognition of educational achievements
- Technological resources to improve learning and growth
- Online access to educational materials
- Videos that model the skills you are learning

Pathways is fully supported with online materials. Using “Base Camp” – Pathways’ online learning management team- you’ll have access to engaging learning tools, including videos, interactive quizzes and activities, feedback and recognition, useful tips and more. If you prefer to work in print and off-line, select paths are available in full-color, professionally bound materials.

#### **10 Unique Learning Paths**

- |          |                         |           |                         |
|----------|-------------------------|-----------|-------------------------|
| <b>1</b> | Motivational Strategies | <b>6</b>  | Strategic Relationships |
| <b>2</b> | Presentation Mastery    | <b>7</b>  | Dynamic Leadership      |
| <b>3</b> | Leadership Development  | <b>8</b>  | Persuasive Influence    |
| <b>4</b> | Innovative Planning     | <b>9</b>  | Effective Coaching      |
| <b>5</b> | Visionary Communication | <b>10</b> | Team Collaboration      |

Each path is made up of **Five Levels** of increasing complexity. You’re always building on what you learned in the previous level.

(continue from page 1)

The **Five Levels** are:

- Mastering Fundamentals
- Learning Your Style
- Increasing Knowledge
- Building Skills
- Demonstrating Expertise

Every path has 14 projects; 10 required and 4 elective projects. Elective projects are chosen from a comprehensive list covering a variety of subjects. Each project includes at least one speech.

Pathways is new but based on familiar concepts and projects.

#### FIRST STEP

The first step in Pathways is to take the Pathways Assessment. This simple assessment will help you identify your interests and goals and recommend the path that best fits your responses. You may be surprised and excited by the results!

Pathways is available online through Base Camp or in printed materials.

#### BASE CAMP

Base Camp is your online gateway to Pathways. Embarking on your Pathways journey through Base Camp is recommended because it offers full access to the Pathways learning experience and includes customized path recommendations based on your Pathways Assessment results. It also offers a unique evaluation resource for each project that can be completed and stored electronically. With Base Camp you will have the ability to share feedback online.

Each club, the vice president education (VPE) will serve as the Base Camp manager, with support from the club president and secretary. The VPE is responsible for conducting several tasks in Base Camp to ensure members are fully supported on their Pathways journey.

*“What I like best about Pathways is the fact that it’s much more customized to what you may want to get out of Toastmasters; what your goals are!”*

In the words of Ralph Smedley, the man that started Toastmasters...

**“Communication...leads to the discovery of hidden abilities...broadens the person’s conception of how to live with people. It brings out for use the leadership traits and abilities, and thus helps to prepare the individual to be a leader.”**

*Special thanks to Kent Barnes for his Pathways research and contribution. Please plan on attending his April 12<sup>th</sup> presentation on Pathways at our regularly scheduled meeting.*

For example...

### Level 1: Mastering Fundamentals

## 01 02 03

#### Level 1: The Ice Breaker

A 4 to 6-minute speech to introduce yourself to the club. Your speech may be humorous, informational, or any other style that appeals to you.

#### Level 2: Evaluation & Feedback

A 5 to 7-minute speech on any topic, then review and incorporate feedback from your first speech into a second 5 to 7 minute speech. After completing both speeches, serve as a speech evaluator.

#### Level 3: Increasing Your Knowledge

Select and research a topic you are not familiar with, or you wish to learn more about, and present a 5 to 7 minute speech.

### Level 2: Learning your Style

## 04 05 06

#### 04, 05: Required Projects -

*Understanding your Communication Style*

*Understanding your Leadership Style*

*Connect with your Audience*

*Active Listening*

*Managing Time*

*Effective Body Language*

*Cross Cultural Understanding*

#### 06: Introduction to Mentoring

Reflect upon a time you were a mentee and present a 5 to 7 minute speech. Share the impact and importance of having a mentor.

...Sound interesting?

**There’s more, MUCH more!  
Check out Pathways on our website!**

## Testimonials

"I joined Toastmasters to learn how to become a better public speaker. What I didn't anticipate, is that I would also gain some great friends in the process." *KW*

"I joined Toastmasters to obtain the skills necessary to face and overcome that fear and to be a good example to my four kids. After being a Toastmaster, I am finding these skills and improving them. I have also found friendship and comradery within my Toastmasters Club. The members want to help you succeed! How amazing is that?" *BD*

"With the guidance and instructions that I am receiving at Toastmasters I feel like I am learning how to take good content and organize it and deliver it in a way that takes "good content" and makes it into a great speech." *~RL*

"Toastmasters is about accountability – that's the leadership part. The rest is just fun, sincere comradery – caring about fellow members and helping them improve." *TA*

"I like the stories, I really do. Inspirational and educational and personal. I'm not listening to a speech, I'm hearing a story." *~DJ*

Everyone is welcome to visit a Toastmasters meeting. Ours is held every Thursday from 12 to 1PM at the Montana Department of Transportation. Reception will direct you to the meeting room. Guests and members alike are encouraged to participate or just observe as an audience.

It's a dynamic, fun group and we enjoy having guests and new members!

Hope to see you there!



"Look at the bright side. There's always a chance that a comet will destroy the Earth before you have to give your presentation."

## Toastmasters

### "In the Wild"

*~Stephanie Brandenberger*

**Toastmasters provides its members with a supportive environment to practice and develop their speaking and leadership skills during regular weekly meetings. These are fun meetings full of camaraderie, humor, honesty and encouragement.**

What happens to Toastmasters "in the wild", outside the cozy meeting environment? That's where the training and practice really pays off! I've observed my fellow Toastmasters run work meetings with skills to keep everyone focused on results. I've attended their presentations at professional conferences where they delivered their message with style; and I've heard them use their talents to confidently debate an issue and provide effective feedback in tough situations.

Toastmasters is more than a pastime, it's a place where leaders are made!

## FRYING PAN INTO THE FIRE!

*"You can turn on the mic with this switch at the bottom"*

That was the last thing I remember hearing before the introduction came. And with that, we were off to the races.

*"Honored Conference Attendees, When I joined Toastmasters I never thought I would be up here in front of 300 people..."*

I began Toastmasters in September of 2017, and by February of 2018 I was on a stage as part of the opening session for the Montana Department of Transportation Pre-Construction Conference, and again a few weeks later at the Construction Conference.

I had given the same speech, about body language, for my club about a month prior. At that time, I had no idea I would be sharing it two more times with a cumulative 500+ people! Thankfully by then, I had practice. My fellow Toastmasters provided constructive criticism through evaluations and I had the overwhelming support of club leadership. This. Was. So. Much. Fun! The audience seemed to like it and they laughed in all the right places. It was not nearly as scary as it seemed when I flipped the switch on the mic and took those initial few steps in front of the crowd. I also learned some things. I enjoy interacting with the audience, even when things do not go quite right.

At the beginning I ran into a technological challenge. The lapel mic didn't pick up my voice very well. I had to be flexible and improvise while technical support for the conference fixed the volume. This little bump in the road created a surprisingly dynamic environment. I had to interact with the crowd until they could hear me properly. Eventually they could, and I didn't even die!

Ultimately, this was a wonderful opportunity to get up in front of a large group and gain confidence in my developing skills as a speaker. These skills can be applied on many levels. Who knows, maybe this rewarding experience and my newfound confidence can work into a solid stand-up routine.

See you at open mic night!  
~Bobbi deMontigny~



### CORE VALUES

Toastmasters Core Values are:

INTEGRITY  
DEDICATION TO EXCELLENCE  
SERVICE TO THE MEMBERS  
AND  
RESPECT FOR THE INDIVIDUAL

# LAST CHANCE TOASTMASTERS SPRING CONTEST - 2018

## EVALUATION CONTEST

On March 1<sup>st</sup>, smack dab in the middle of the MDT Construction Conference in Billings, the Last Chance Toastmasters Spring Evaluation Contest was held. I mention that only as a precursor to acknowledge all those that stepped up and helped make the contest a success. Special kudos to Kari Weber, the contest chair. As her mentor, I observed the amount of work she put in to making it a success.

Katherine Williams gave a very funny and dynamic target speech for our contestants to evaluate.

And the winners were:

First Place – Teresa Allison

Second Place – Brittany Davis



Participants from left to right:

Hans Hoelstad, Teresa Allison, Brittany Davis and Kent Barnes

## INTERNATIONAL SPEECH CONTEST

March 8<sup>th</sup> - Competition for this contest was extraordinarily stiff! Contestants were: Tyson Olinger (first timer), Stephanie Brandenberger, Kent Barnes, who never misses competing and Marisa Mailand, winner in the 2016 and 2017 humorous speech contest – all were spectacular!

...And the winners were:

First – Stephanie Brandenberger

Second place – Kent Barnes

All winners will proceed to the Area Contest on March 24<sup>th</sup> from 2 to 5PM at St. Paul Methodist Church, in the Fellowship Hall.



International Speech Contest

Shown here from left to right:

Kent Barnes and Stephanie Brandenberger.

## Back When

The Last Chance Toastmasters was formed on April 1, 1983 by a group of Federal employees and a few downtown business people. Meetings were held in the basement (formerly the cafeteria) in the Federal Building located at 301 S. Park Ave. Weekly meetings were held there until the mid-1990's, when that room was no longer available. Weekly meetings then moved to a smaller 3<sup>rd</sup> floor conference room which had an adjacent room which served as our club library.

In early 1999, the meeting location was moved to the new Max Baucus Federal Building in the Great Northern district.

After 9/11, members had to undergo intense security screenings to access meetings. Despite that, they continued to meet there until 2012, when they were forced to relocate, having no members who worked in the Federal building. The club met at various locations, finally settling in the basement of St. Paul's Methodist Church on Lawrence.

The club continued to meet there until 2015, when they moved to MDT.

*(...Stay tuned for next month's continuing story – It's all in the Numbers!)*

## FROM THE DESK OF OUR PRESIDENT

BY MARK STUDT

### Last Chance Club Happenings

Spring is here! At least that is what the calendar is telling us. This winter was eventful, enticing us to look forward to an exciting spring and summer Highlights to share: Recently our club held both the Evaluation contest and the International speech contest. Strong participation in both emphasized the caliber of members we have. I encourage members to support our finalists in the Area contest. Winter also graced us with the announcement of Teresa and Chuck's wedding set for June 23<sup>rd</sup> in Billings. Wendy and I will celebrate Gabriel's high school graduation in early June. Please keep us involved in your social calendars. 😊

With the change of season come plans for the change in officers. While your familiarity with the roles and officer duties may not be deep, our experienced support network is available to assist with the business side of keeping this club strong and enjoyable. Simply taking an officer role is a worthwhile commitment. It has enriched my experience by practical application of the skills learned through Toastmasters.

April 1<sup>st</sup> marks our 35th anniversary; a milestone in our history! This achievement demonstrates the ability of club leaders to successfully fulfill the mission of empowering members to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Let us put our best foot forward so that we may encourage and help our new Toastmasters become better communicators and leaders. Let us learn from each other as each of us bring something unique to the Toastmaster's table.

**TOASTMASTERS**  
INTERNATIONAL

Club #5063  
Meets every Thursday 12-1PM  
MT Dept of Transportation  
2701 Prospect Avenue  
Helena, MT 59601