

# Toastmasters Gazette

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Our mission is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop and practice communication and leadership skills which in turn foster self-confidence and personal growth.

## March 27 Meeting Notes

Attendance was not bad - seventeen in attendance. We had two guests - Gerold Lemon and Rich Pad-dack.



**Jim Jameson** was our Toastmaster for the meeting. The theme of the meeting was “**Spring**.” Jim told us that Spring is not just a season but has other meanings (renewal, potential, energy, etc.).

The word of the day was provided by **Sanjay Kumar**. However I didn’t write it down.

We had two speakers.

**Chris Nichols** gave his Tenth Speech. This is the last one needed to qualify for Competent Communicator. His speech was titled, “**The Good Samaritan**.” He describe the origin of the term “Samaritan” and provided a personal example of how several Samaritans helped when he had a flat tire.



**Cindy Breaman** gave an advanced manual speech (from the Interpersonal Communication manual). It was called “**A little help please**” and it dealt with coaching. David Watkins helped with the role playing part.

Table Topics were provided by **David Watkins**.

- **Cynthia Holleman** was asked why spring is a great time to buy shoes (based upon a radio commercial he heard that day). Any-time is the time to buy shoes (she has quite a few pairs of shoes already).
- **Jon Atwood** was ask what kind of spring cleaning (physical or spiritual) would he want to do.



Clean out stuff for the upcoming neighborhood garage sale.

- **Bill Milligan** was asked if he liked spring. Based upon where he lived up north his answer was “NO” (Spring melted the snow that had become black and dirty and revealed the potholes generated by the freezing and thawing cycles).
- **Amy Morenz** was asked what the drawbacks are to spring. She mentioned that allergies are a big drawback (she did sound a little congested).

## Club/Area/District News

**Chris Nichols** will be the club’s newest Competent Communicator.

**Toni Hendrick** is the club’s newest Distinguished Toastmaster.

Congratulations **Chris** and **Toni**. Two great accomplishments.

**DUES ARE DUE (April 1st)!** Renewals are looking good. We also have two new members. We should have over 20 members for the coming term.



The **Division A Contests** are on **April 19th**. They will be held in the BNSF Viewing Gallery (pretty neat place if you’ve never been there). **Scott Lewis** will be representing Keller Communicators.

## Winners

**Speaker** Chris Nichols

**Table Topics** Jon Atwood

**Evaluation** Scott Lewis

**Word of the Day** Several used it once.



The **District Spring Conference** is also approaching. It will be held **May 2nd and 3rd**. The winners of the International Speech and Tall Tale Contests will eventually compete here. More to follow or head to the **District 25** web site to learn more.

If you have any questions or issues that you feel should be addressed please contact one of the officers. We have an executive officer meeting on the first Thursday of the month.

## **Effective Coaching Skills**

handout for Cindy Breaman's speech

The following were taken from Cindy's handout. For more information please contact Cindy.

Nine Steps for a Productive Coaching Session:

1. Describe specifically the reason for the discussion.
2. Express your concern about the area of performance you would like improved.
3. Describe the impact the performance problem has on you and others.
4. Acknowledge and listen to the other person.
5. Seek the person's opinion on ways to improve performance.
6. Discuss solutions.
7. Agree on a solution and actions to be taken.
8. Follow up.
9. Praise positive results.

But that's not all. During a coaching session, the

coach needs to keep three important aspects in mind as he or she goes through the Nine Steps:

1. Keep the feedback related to the person's behavior by describing their behavior rather than evaluating and making judgments about their behavior.
2. Use "I" statements; describe their behavior with "I see", "I feel", "I'm concerned" to reduce defensiveness.
3. Keep the mood calm and friendly.

## **Web Sites of Interest**

Keller Communicators web site:

<http://keller.freetoasthost.org/>

District 25 web site:

<http://www.d25toastmasters.org>

Toastmasters International web site:

<http://www.toastmasters.org>

Greater Keller Chamber of Commerce:

<http://www.kellerchamber.com/>

## **Next Week's Major Players**

**Toastmaster** Diana Patton

**Speaker 1** Karen Finn

**Speaker 2** Mary Giordano

**Speaker 3** Guest Speaker?

**Table Topics** Scott Lewis