

# the Northern Outlook

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### Table Topics Contest Winners:

- 1st Diana Straub\*
- 2nd Varanda Huffman
- 3rd Cindy Baldwin\*

### Humorous Speech Contest Winners:

- 1st Kristen Vierthaler\*
- 2nd Mike Meeks
- 3rd Abhijit Chatterjee\*

\*Pictured above with permission:

Abhijit Chatterjee, Cindy Baldwin, Diana Straub and Kristen Vierthaler; photos by Janene McMahan

## Engaging Youth Through Toastmaster's Youth Leadership Program

In collaboration with local teacher, Eric MacDonald, from Christ the King Elementary School, I successfully engaged grade seven students in Toastmaster's Youth Leadership Program. The transformation that I observed in the students over eight weeks of training was spectacular!

When I started the program, many of the students were timid and apprehensive. I observed many of the common mistakes that new speakers make: lack of eye contact, poor posture, nervous laughter, purposeless movement, lack of engagement with the audience; and too many speaking topics.

My goal with the program was to teach students confidence through speaking and engagement with the audience. In order to accomplish this goal, I introduced a number of communication and relaxation activities and a simple speaking structure:

- Introduction must "wow" the audience into engagement by:
  - asking a question
  - making a bold statement; or
  - stating an interesting statistic

## Our Report to You

My good friend, Marcia Boyette, had an excellent idea - I send huge thanks out to her and EVERYONE who participated in making this Northern Outlook.

Essentially, many, many folk were asked to do a short write up {that might mean two paragraphs... or a very nice story} about one element of the Fall Conference. Much of the materials included in this issue come from first time submitters! The following pages contain several short write-ups provided by you. Thank you.

Happy Holidays!

*Janene McMahan, ATM-G*  
Sweet's Pride of Fairbanks

## Engaging youth

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- Body must consist of one main topic and two subtopics
- Conclusion must "wow" the audience by including a call of action
- 2x use of body language and 2x use of vocal variety

By the end of program, I was so proud of how much the students had improved their communication skills. Many of the students stood tall, confident and still with great eye contact. They experimented more and more with vocal variety and body gestures.

They engaged the audience by following the speaking structure and they learned the importance of practice, practice, practice before delivering a presentation.

I was also in awe at how the students excelled more and more each week at impromptu speaking compared to adults! The students' creativity revived new creativity in me.

It was an absolute pleasure to work with the grade seven students at Christ the King Elementary and I recommend with great zeal for other Toastmasters to deliver the Youth Leadership Program in their communities!

*Marta Keller*  
Area 2 Governor

## when we all work together

*Your Newsletter, Your Reviews!*

### *The Laughs Keep Coming*

"Your house is burning down, you're the last person out of the house. You have time to grab one item, what is it, and why did you grab it?"

The beginning of the contest was just a little different than what you might be used to but what do you expect when the contest chair, Mike Cox, is brand new to our fine state. Martin Miller, the Chief Judge, prepared all of us unexpectedly with the painful awkward minute of silence. Of course after that one the rest did not feel as painful so he did us all a favor. The other surprise was sprung upon Lucy Tyrrell, our first contestant, Mike had her pick the topic which made me very curious as to what the other topics were. Lucy Tyrrell would take a box of memories "In a sense taking myself out of the burning building."

Cindy Baldwin says at her age "Most stuff is just stuff" to her but not to her granddaughter so she would grab the "apple of her eyes" toy box. Marie Motschman started off with no hesitation "I would grab one item" then teased us with the importance of the one item, finally revealing it to be .. her pointer as she wants to be a disco queen.

Bill Stokes couldn't narrow it down to one, he came up with three the family albums, his passport, and the cellphone.

Diana Straub could not live without her datebook and looked forward to the insurance company rebuilding the house to the one she always wanted, a "lovely, healthy, happy home."

Barbara Blair, being a mother and a grandmother, a Great grandmother, would grab her photo albums. She is fighting the age so does not have them backed up on a computer and would be "pleased and blessed" to have them.

The last contestant, Miranda Huffman, the socialite, "would burn with the house," she has too many beautiful things to choose from.

While waiting for the ballot counters I couldn't help but wonder who the winners would be. Wasn't everyone wondering? My picks were close... Surprises and burning houses, as usual a grand time at the conference!

*Cair Wood, CL*  
Untwisted Tongues

### **New Members**

Duane Epton, DTM; Dawn Williams, DTM

How to find 'em, get 'em and keep 'em.  
Secrets to growing your club and keeping it strong.

**Keep reaching out in different directions** – that's the message I heard. Be aware that as we get more clubs, there are more options for a potential new member. It might not be your own club that's the best fit, so generously promote the others also. New members enliven all the clubs in the area (is that a double meaning?) so we all win.

An intermittent phone call, after bumping into someone again, can be the catalyst. Dawn & Duane gave the example of an invitation that was pretty much ignored for two years, but then... the situation changed, the person's schedule changed, and Voila!

Remember “no, can’t do it” only means “no, not right now.” Sometimes it’s a YES just waiting for the right moment.

*Nancy Larsen, CL*  
Dimond Talkers

## Impromptu, fun, Table Topics: **Fast!**

Peggy Hansen took us back in time by using the old radio mystery theatre idea for a creative table topics adventure. Sealed envelopes and random objects were scattered on the 16 round tables in our conference room--the humorous Table Topics ‘skit’ began by opening envelope #1. The partial phrase in the envelop served as a starting point for the improvised story telling that followed. Each table had a turn at expanding the story--the props on the table were eased by each group to enhance what was spoken--everyone seemed to really enjoy the event and laughter dominated the evening.

Peggy concluded the improvised Table Topics session by saying, “Toastmasters is where you can find the action, refine your skills and we can become whatever we want to be.”

*Peggy Santana*  
Tundra Talkers

### *Great items to share?*

We are building a resource page for the YACT website to list Toastmaster related products (you have an extra podium, clocks, flags?). Send your list and the person to contact (phone or email) to [janene.mcmahan@gmail.com](mailto:janene.mcmahan@gmail.com)  
Thank you!

“ And so, my fellow Americans: ask not what your country can do for you - ask what you can do for your country. ” ~ John F. Kennedy, 1961

John F. Kennedy’s Innaugral Address inspired a nation – no, it inspired a world ~ over 50 years ago. If you have not read the entire speech, or if it has been too long since you have, you can read it here. It’s worth your time to sit back and savor each word and each thought.

[http://www.famousquotes.me.uk/speeches/John\\_F\\_Kennedy/5.htm](http://www.famousquotes.me.uk/speeches/John_F_Kennedy/5.htm)

I was thinking about the Council as I idly Googled and pattered on my computer tonight. I often hear YACT members ask what the Council does for them as Council members and what it does for their clubs. We are the Council. Each member is part of the Yukon-Alaska Council of Toastmasters. What has the Council done for you lately? Only you can answer that question. If you are not getting what you need from the Council, what are YOU doing to ensure that your needs are being addressed?

“What??” you ask. “What should I do? I am not an elected YACT officer?” Well, there are things that you can do to help your fellow Council members. Let’s look at a two such things.

1. You can attend the YACT Conferences. There are two conferences a year – one in the fall and one in the spring. The fall conferences are held in the southcentral area and the spring conference rotates between Southeast and Interior Alaska and Yukon Territory, Canada. Why would you go to a conference? They are fun. Let me say that a little louder –

*They are fun!!!*

Do you like to laugh? Eat good food? Experience a ‘Stay-Up-Late’ Night? Do you like to listen to great speeches and learn from inspiring workshops? If you say yes to one of these questions – you are a conference candidate. If you said yes to most of these questions – you are a potential conference groupie.

The YACT Spring Conference is going to be held in Fairbanks from April 20 – 22, 2012. Watch the [www.yact.org](http://www.yact.org) site for information and/or keep reading the Northern Outlook. Mark you calendars and plan to attend. You won’t be sorry and those of us who are already conference groupies will be delighted to see you there!

2. Attending conferences is not only fun, attendance allows us to be part of the responsible side of the Council. Members can attend the Business Meeting on Friday evening and hear what the Council leaders have done. Voting members (VP Education, Club Presidents, and higher ranking leaders) vote on policy changes that impact all

## Ask not...

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members of the Council. Non-voting members become more informed Toastmasters by attending and listening.

It is essential that club officers who can not attend, give their voting proxy to another club officer. There is a form available on the [www.yact.org](http://www.yact.org) site to assign proxies. If officers do not assign proxies, the Council may not have a quorum. **If we do not have a quorum, we can not hold an election.**

ALL Council members vote on our new slate of Council officers at the spring conference. That's right – in April, you want to attend the conference so you can vote! Voting is a Council right and a Council responsibility.

So, as you can tell, conferences are fun and important. We exercise our right to freedom of expression and laughter, our right to vote while allowing our needs to be filled.

Before you dismiss this article as another example of Alison's rambles, ask yourself where will you be in April? Perhaps you can set your personal/professional responsibilities aside for one short weekend in order to fulfill your Toastmaster responsibilities to meet other Toastmasters, share in the beauty of communication and to vote in the Council election.

In the meantime, read John F. Kennedy's Inaugural Address: it is one fine speech!

*Alison Boyce, Council Governor*  
Sweet's Pride of Fairbanks  
Wainwright Warriors

## Mentorship "The Shadow Knows"

Keith Baldwin, DTM

Mentoring is one of the most powerful tools we have. Find out how to build and maintain a mentor program that creates amazing clubs, grows new leaders and keeps your club strong and growing.

Just before lunch, Toastmasters from across the YACT region feasted on Keith Baldwin, M.Ed., DTM's educational workshop entitled "Effective Mentoring for Toastmasters" on Saturday morning, November 5th. Keith covered the three elements to effective mentoring - 1) Provide Support; 2) Provide Challenge; and 3) Remember Vision. He used a variety of learning methods including small group interaction which contributed to a very effective learning experience.

He reminded us that in addition to providing **Support** to a mentee, that providing challenge is equally important. The **Challenge** is done through the empathetic delivery of direct, clear, and honest feedback. This feedback creates a cognitive dissonance that leads to internal motivation and learning.

The third element - **Vision** - was about asking the mentee to reconnect with the reasons why they joined Toastmaster's. Using reflective feedback, an interview technique much like peeling back the layers of an onion, a mentee can become more motivated. Mr. Baldwin did an exemplary job of driving home the three elements of *Effective Mentoring* and helping me to become a more effective mentor.

*Ellen Provost Sewell*  
Dimond Talkers of Anchorage

## Training time is essential...

The session Sunday morning was dedicated to training for the club Presidents and club VP of Education officers and the Area governors. Training was conducted by the divisional governors and Lt Gov of the Education. The driving idea behind the training session was to try and determine what challenges that are facing our clubs, areas and YACT.

Those attending the training session shared their expectations for the training. We divided the group into a the two separate divisions, with the group exercises being led by the Division Governor. Ideas were brainstormed of the challenges facing Toastmaster clubs, areas, and YACT. From these challenges possible action plans were developed to negate or overcome our challenges. One or two of these chosen plans were going to be the initial focus for the near future.

The closing section was on what the High Performance Leadership program is, and the benefits that can be garnered by the member conducting the programs

*Brian Bezenek CC*  
President of the Valley Toastmasters club

## *Like an Onion, Peel Back the Layers!*

Did you know that Ed Tate, our YACT Fall Conference Keynote Speaker, provided us with three layers of training? The first was his keynote speech and seminar. I think we all agree that Ed was an amazing speaker and educator. The second layer was the opportunity to purchase training materials at great prices. These materials provide us deeper understanding of the lessons learned, and we can go at our own pace.

What was the third layer? During Ed's speech, he referenced authors and speakers that he has learned from. An amazing presenter and educator sharing with us some of his sources of information and inspiration! Not only another layer, but a gift we can all take advantage of!

I have eight authors and four speakers' names in my notes! Want to see what the teacher is reading? Check your local library or go on-line and see what the speakers have to share!

### *Books Mentioned*

1. The Fred Factor by Mark Sanborn
2. The Artists Way by Julia Cameron – Repairing the Creative Child Inside
3. Autobiography in 5 Short Chapters by Porcha Nelson – poem about habits
4. Book of Lists - Public Speaking is #1 Fear
5. Purple Cow by Seth Godin
6. The Winner Within by Pat Riley
7. Feel the Fear and Do It Anyway by Susan Jeffers
8. Life is a Series of Presentations by Tony Jeary

### *Speakers Mentioned*

Carrie Perrien Smith at [www.soarhigher.com/AboutUs.htm](http://www.soarhigher.com/AboutUs.htm)  
Sarah Singer-Nourie at ([www.singerlearning.com](http://www.singerlearning.com)) - "Be-In-10-tional" ©  
Patricia Fripp – Speaking Hall of Fame  
Kate Lutz – Storytelling Model

Don't forget to check out Ed's training material and web site at [www.edtate.com](http://www.edtate.com).

*Nanette Pineault, CC, CLB*  
Division I Governor, VP Membership Sweet's Pride of Fairbanks

*Our Thanks to all  
the folks who made  
the YACT 2011 Fall  
Conference Amazing*

### **This is just the start of the list:**

#### *Conference Co-Chairs:*

- John Royce [toastie308@gmail.com](mailto:toastie308@gmail.com)
- Peggy Hansen [P.Hansen@alaskausa.org](mailto:P.Hansen@alaskausa.org)
- Program Chair: Jyl Swegle
- Facilities/Transportation: Michelle Bell

Thank you for an excellent line up of training, workshops, moments to gather, and contests! Email addresses are provided above in case you wish to email your personal thanks.

*The 2012 Spring  
Toastmasters Conference  
April 20-22*

We'll see you in Fairbanks for the Spring Conference! Our keynote speaker is 1999 Toastmasters International World Champion, Craig Valentine. See more about him at [www.craigvalentine.com](http://www.craigvalentine.com)

The conference will be located at the Pike's Waterfront Lodge hotel.

## Essential elements & other **business**

- Spring Conference can vote on realigning entire organization of YACT.
- All YACT members are invited to attend the monthly YACT Executive Conference Calls. Due to time constraints, the agenda will be strictly followed allowing for participation by Division Governors and YACT Leadership. Conference calls are held the first Thursday of each month (with the exception of November) from 7:00p - 8:00 p.

*Call-in locations are BP Energy Center in Anchorage and First National Bank of Alaska (off Johansen Express) in Fairbanks.*