

DISTRICT

3



ROADRUNNER

Summer 2019

And the Winners Are...
District Speech Contests

**Toastmasters Leadership
Institute Is Here!**

2019-2020 Incoming Officers

District 3 Performance

Remembering Toastmasters



Reflecting on the Year

Greetings fellow Toastmasters, reflecting on the year that is flying by all too quickly, I see so much that has changed:

- One District conference instead of two
- A virtual District Council meeting
- A full year of Pathways
- A free TLI session this summer

Some of these changes were by choice, others were changes we made at the direction of Toastmasters International. Not all of them went well, and we will continue to try to improve our processes and how we serve you as a member.

My goal for the year has been to allow you to focus on your clubs and your personal growth. Based on the number of education awards that you all have achieved, it seems some of that is happening. I hope you all continue on your individual paths, and that you continue to work to build your clubs. As of this writing, however, our membership numbers are down. I hope that is a temporary blip in the payments and that you all will be able to build your clubs of to their previous numbers, and as a district we will try to support you in doing that. I am a member of two clubs, one is a struggling corporate club, and like many of you, I work to build the club almost constantly. It is for this reason that membership building is such an important part of what we cover at our Toastmaster Leadership sessions; to be successful, a club is always working on building membership.

This year, the leadership at Toastmasters International gave us a set of tools, called the Wow! Factor, to help you build excitement and energy in your meetings. I hope you have had a chance to review this material and incorporate the suggestions. If you have not done it yet, Please take time to review these materials, you can find them at <https://www.toastmasters.org/wowfactor>. The intent of the "Wow" program is to focus on those same things mentioned earlier, quality clubs and compelling meetings.

It is my hope that you appreciate that everything that has been done in the last year both locally and internationally has been to enable you to grow, both as an individual and as a club. There is no doubt that there will be further changes in years to come, and, like you, I will be working in my clubs to continue to build and improve.

Personally, I Thank you for all your support and efforts in this past Toastmasters year. Because of the efforts of a great many people, we continue to support the mission of the District: To build new clubs and help all clubs in achieving excellence.

I hope it was a positive experience for you and that the future continues to be rewarding in your Toastmasters experiences.

MICHAEL HOLIAN, DTM
2018-2019 District Director

DISTRICT 3 ROADRUNNER

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DISTRICT MISSION

We build new clubs and support all clubs in achieving excellence.

Roadrunner is published quarterly by District 3 Toastmasters.

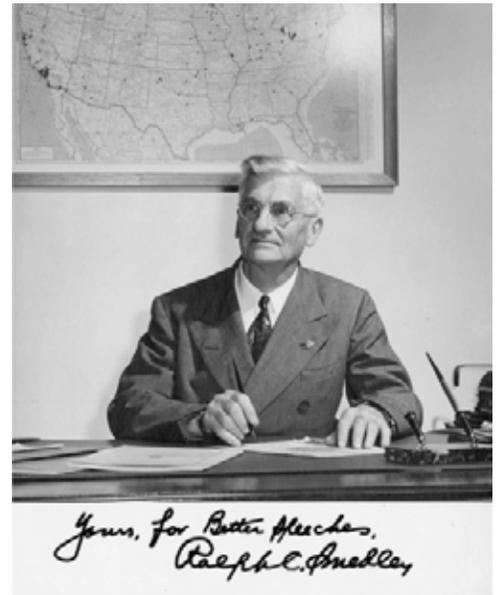
Submit content or contact us at: roadrunner@aztoastmasters.org

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The personal touch, in all levels of our work, is one of Toastmasters' distinguishing features. We are working together.

Dr. Ralph C. Smedley, 1878-1965

Founder, Toastmasters International



SUMMERTIME LEARNING

TOASTMASTERS LEADERSHIP INSTITUTE

This is your club's first half-credit on the Distinguished Club Program chart (DCP, #9) for 2019-2020; your club needs four (4) officers attending to receive this half-credit.

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There is **no limit**
to the amount of good
you can do if you don't care
who gets the **credit.**

– *Ronald Reagan*

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It is not in the stars
to hold our destiny
but in ourselves.

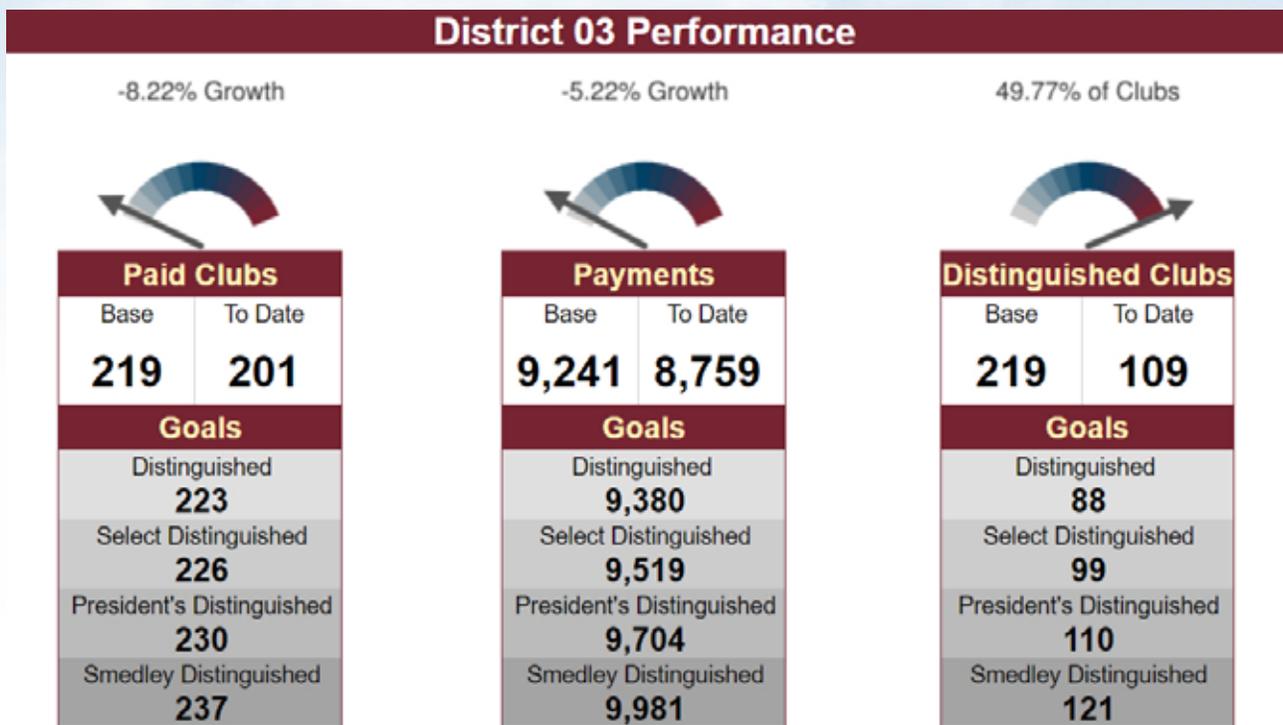
William Shakespeare

DREAM BIG AIM HIGH

DISTINGUISHED CLUB PROGRAM

In the final days of our Toastmasters calendar year, how did your club perform in the Distinguished Club Program? Find out by going to the following link:
<http://dashboards.toastmasters.org/2018-2019/Club.aspx?id=03>

As of June 30, 2019, here is the District's performance:
 Check out the current status of the district here:
<http://dashboards.toastmasters.org/District.aspx?id=03>



District 03 Division and Area Performance

Division Totals	
Count	9
Distinguished	0
Select Distinguished	1
President's Distinguished	1

Area Totals	
Count	47
Distinguished	9
Select Distinguished	7
President's Distinguished	3

Club Totals	
Paid Clubs	201
Distinguished	22
Select Distinguished	16
President's Distinguished	71

TOASTMASTERS LEADERSHIP INSTITUTE IS HERE!



What a wonderful time we will have! TLI starts the last Saturday in June at Edward Jones in the East Valley and will end in the Mohave area. We are changing up the program this summer with a keynote speaker as part of the opening ceremony. Then we will have 12 working sessions, including all seven club officer roles and 5 additional sessions focusing on important leadership skills.

My goal is to make this the best TLI ever! To help make that happen, I am asking all the current and past officers to please reach out to TLI@aztoastmasters.org with all your secrets, best practices, and what you wish you knew when you started your term of service. I need between 15 and 20 volunteers to make this happen at each event. Volunteer or attend, but please come and see what is happening.

We need all club officers and as many club members as possible to learn more about Toastmasters. I have found large venues to house all of us, so please plan on attending. Encourage your club members who are not currently serving in an officer role to attend too; everyone can start learning how to be an officer for next term.

To sign up for a TLI session in your area, please visit:

<https://d3-toastmasters.ticketleap.com>

To download your materials for TLI, please go to:

<http://aztoastmasters.org/members-clubs/tli-officer-training>

If you have any questions or information on sessions you would like to see, or if you are interested in volunteering, please email me at TLI@aztoastmasters.org.

DJ Reed, DTM, is the 2019-2020 District 3 Toastmasters Leadership Institute Chair. She has been a Parliamentarian since 2004 and a Toastmaster since 2009. DJ is a member of Graceful Communicators in Tempe.

EVENT 01—East Valley

June 29th, 9:00 am—1:00 pm
Edward Jones
8333 S River Parkway
Tempe, AZ 85284

EVENT 02—West Mohave

July 20th, 12:30 pm—4:30 pm
LHC Community Room B
1770 N McCulloch Blvd N
Lake Havasu City, AZ 86403

EVENT 03—Scottsdale

July 27th, 9:00 am—1:00 pm
La Casa De Cristo
6300 E Bell Rd
Scottsdale, AZ 85254

EVENT 04—Tucson

August 3rd, 9:00 am—1:00 pm
Fountain of Life
710 S Kolb Rd
Tucson, AZ 85710

EVENT 05—Evening

August 9th, 6:00 pm—10:00 pm
Sandra Day O'Conner
25250 N 35th Ave, Phoenix, 85083

EVENT 06—West Valley

August 10th, 9:00 am—1:00 pm
Sandra Day O'Conner
25250 N 35th Ave, Phoenix, 85083

EVENT 07—East Mohave

August 17th, 12:30 PM-4:30 PM
Holbrook Fair Grounds
404 E Hopi DR
Holbrook, AZ 86025

REACHING FOR 1000!!!

FIn the last Roadrunner, the Pathways team challenged District 3 to record 1000 or more total Pathways educational achievements by June 30, 2019. Our total for the term as of April 30 is 836 Pathways educational awards! So we'll say it again...**DISTRICT 3 IS ROCKIN' PATHWAYS!** Keep on rocking those awards for those last 164 we need by June 30. Remember, it only takes giving four speeches and one speech evaluation to complete a Level 1 award, so reserve the spots you'll need on your meeting schedule right away.

MORE GOOD NEWS -- the latest metrics shared by Toastmasters International ranks our Arizona District at 15th in the world for the percentage of members enrolled in Pathways (68.8%); and our 83.9% officers enrollment results ranked District 3 as 8th in the world!! We can't say enough how impressed we are with the entire membership – so give yourself a big pat on the back if you contributed to this progress...and **THANK YOU!!!**

Have more Pathways conversations -- with the Beat the Clock Membership Campaign running May 1 – June 30, we thought it might be helpful to provide you with some easy Pathways talking points to help with those prospective guests and new members conversations. Check out the latest Pathways Assist 2-pager "Let's Talk Pathways" combined with "New Member 5-Step Quick Start" available for download from the D3 Pathways Online Library; look for "Let's Talk-Quick Start." You'll find the link to the online library on the D3 Pathways page at www.aztoastmasters.org/pathways. We'd love to hear how you're making use of the latest tools.



Trish Blackwelder, DTM, PDG

Trish is a member of Leaders Plus, founder of Showtime Toastmasters, and 2009-2010 Distinguished District 3 Governor. Trish was appointed as a Pathways Ambassador in the early days of the deployment in 2014. She is a five-time Distinguished Toastmaster, and a past recipient of the Outstanding Toastmaster of the Year (2002) and the Outstanding Division Governor of the Year (2005) awards.

PUBLISH OR PERISH

THE EASY WAY TO BECOME A PUBLISHED AUTHOR

What happens to your speeches after you have written and presented them at a Toastmasters meeting? In reality, these are works of art that we have poured our hearts and our wisdom into. Yet we discard them like an old shoe.

What if we could recycle these vibrant speeches and give them the reverence that they deserve. What if we could preserve them and pass them on to a vast new audience?

We can give new life to our speeches, just like Gene Wilder brought the monster back to life in "Young Frankenstein."

For \$50 you can immortalize your speeches forever, by publishing them in a book that I will edit and publish this year.

Beyond giving new life to your speeches, why else might you want to become a published author?

1. Clubs, organizations, even conferences are constantly looking for skilled speakers, that look just like you.
2. Being a published author puts you a notch above other non-published speakers.
3. You automatically are recognized as a professional expert. An expert is defined as an ordinary person who has written an article or a book.
4. Even if you receive no speaking fees, you can still make money when speaking to groups outside of Toastmasters, by selling your book after your speech.

When I wrote my first book in 2007, my only goal was to share the knowledge that I gained from a business that my wife operated buying fixer upper rental houses. However, after I completed that book, something magical happened. I found I liked writing and publishing. Writing filled a deep inside of me and it opened up a new career as an author. I have gone on to publish six books altogether, including one national book of the year.

Here is how to become a published author for \$50:

I will edit and publish a book entitled "The Keys to Success III: Gentle Wisdom and Small Miracles." It will be similar to the "Chicken Soup" book series, which utilizes various authors who write inspiring or educational stories.

To participate, you pay \$50 to cover publication costs, and you submit a chapter to my book. The easiest way is to just convert one of your favorite speeches into a chapter. Your biographical information, email and webpage will be listed along with your text, so that organizations can contact you.

I do all the heavy lifting. I will layout the book, edit the text, provide the ISBN number, and design a cover. Your only job is to provide me with the text for your chapter.

Later, you can purchase copies of the book for approximately \$6 per copy. Then, you sell the books at any price you wish. I usually charge \$15 when I am making a speech to an outside group.

Professional speakers are published authors, and we can follow in their fruitful footsteps.

Are we Toastmasters or are we mice?

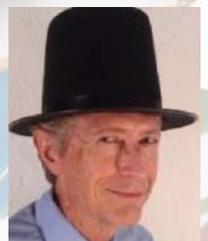
I challenge you to:

- 1) Take the path less traveled, as professional speakers do, and become a published expert, and
- 2) Allow your speeches to outlive their normal shelf life and to inspire others for years to come.

I believe that our speeches are worth a bit more than an old shoe.

Contact Terry about being an author in his forthcoming book: tsx15@hotmail.com or (520) 270-5563.

Terry Sprouse, ACG, ALB is a member of two clubs in Tucson, AZ and 2018-2019 C1 Area Director. Terry is a speaker, author, Lincoln-ologist, and winner of the USA Best Book Award. www.TerrySprouse.com



REMEMBERING TOASTMASTERS

Remembering Don Clausing, DTM

by Dr. Steve Broe, DTM



District 3 lost one of its servant leaders, a man with intelligence, wit, and decades of Toastmasters leadership experience. Don Clausing passed away in early June, but not before making his positive mark on the lives of hundreds of Toastmasters – not just in Arizona, but also the Midwest and Ontario Canada.

I worked with Don Clausing as an officer and friend in Unity Speakers in North Phoenix. Don was a charter club member, and he maintained continuous membership through more than two decades of the club's existence. He was reelected frequently as the club treasurer, and he also served the club as the regular videographer of the speeches in the club – about 100 recordings a year, with a quality disk passed on to the speaker as a member benefit.

When I met Don, he told me that he had previously served as the District 28 Governor. His district was unique in that it crossed an international border. Imagine planning a speech contest and conference that involved several states and a Canadian province!

Don was a witty guy. He loved opening club meetings with a joke. He added his special brand of levity to any gathering. One of the Unity Speakers members gave him the nickname “the Great Clause” in fond memory of his droll gifts.

Don was dedicated to service. He served Unity

Speakers as an officer – and was always prepared with spreadsheets and data for club executive meetings. He volunteered as the audio-visual technician for the Unity Church of Phoenix, and often was called in for emergency or last-minute business in this role. Don also led a hiking group exploring some of Arizona's natural beauty. My last hike with Don took place on a Phoenix butte under moonlight – it was unforgettable!

When Don retired from his career in health care accounting, he immediately became qualified as a docent at the Music Instrument Museum. He enjoyed learning about the history of music and sharing this knowledge with visitors on tour. He was enthusiastic about touching the lives of visitors using his Toastmasters speaking skills!

Don was patient and quiet, yet it was easy to spot his intelligence. He noticed details. He knew the Toastmasters program thoroughly. He regularly explained to new members how the program worked, and he encouraged involvement so that others could learn on their own. He was a natural teacher, helping everyone become more capable.

In appreciation for his many years of service to the Unity Speakers club, Don was recently presented with a “Legacy Award” by the members of the club. In dedicating his days to service, he created a club where laughter and leadership would continue to reflect Don's special gifts to those who spent time with him.



Sending Love and Saying Goodbye

Remembering Nikki Dillon Morales, ACB, ALB

by Christina Mencuccini

It is with profound sadness that I share the news of the passing of Nikki Dillon Morales. She was more than a warrior in her 2.5-year journey with GIST (gastrointestinal stromal tumor) and far outlived a bleak and hopeless prognosis.

Nikki Dillon Morales, ACB, ALB, was a member of Valley Toastmasters and Leaders for Tomorrow; she served as an Area Director in the Verde Division (2016-17) and an integral part of the website team during the 2017-18 year. Among many notable contributions, Nikki restructured a mentoring program to a standard of excellence for D3 Toastmasters.

Full of life and vim & vigor, Nikki never left any stone unturned in her quest for greatness. A national leader for Phi Mu, Nikki spun her outstanding communication skills and passion for Life Raft (a nonprofit organization to support GIST patients and research) to become a national spokesperson for the GIST community.

Please keep Nikki's family in your prayers.



SHARE YOUR STORY WITH THE WORLD AND INSPIRE OTHERS!

#MyWhy

Toastmasters, your unique story could motivate others to join the path to maximizing their potential! Do you remember what motivated you to become a member? Are you ready to motivate the next wave of Toastmasters?

Follow these easy instructions to share your #MyWhy story with the world:

1. Download the **#MyWhy** sign at www.toastmasters.org/mywhy
2. Record a one-minute (or less) video telling your story. During the first 30 seconds, explain your motivation or the personal or professional challenge you faced. Then spend 30 seconds explaining how Toastmasters has helped you.
3. At the end of your video, hold up the sign and say, "And that's my why!" If you can't print the sign, write **#MyWhy** on a piece of paper or hold up the sign on your phone.
4. To share your video with friends and family, post it on your personal social media pages with the hashtag **#MyWhy** and tag Toastmasters International. Make your post public so the world can hear your story!
5. When you're done, challenge your fellow Toastmasters to join in the campaign and share their **#MyWhy** video!



The District has an opportunity for your club to boost its events through Meetup. We can list your club's meetings or special events through the District Meetup

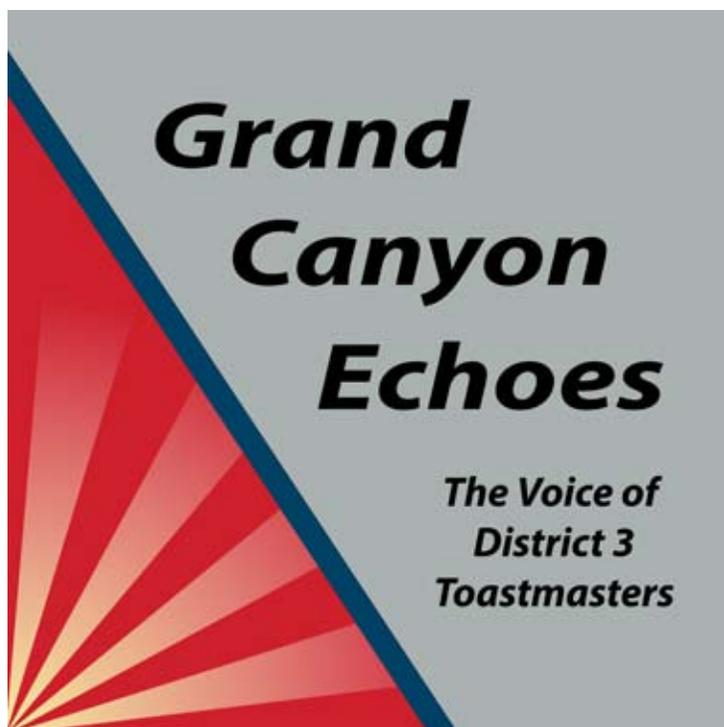
What is the cost to the clubs for this opportunity?

FREE!

All that is needed is your club's name, location, time and club website address. Organizers will add you to the club list and send anyone your club's way that is looking for a meeting in the area.

For more information please email d3meetupemail@gmail.com

Check out the D3 Podcast “Grand Canyon Echoes”



We have seven episodes already with three more in editing that will be released soon. If you'd like to be interviewed or have an idea for a Toastmasters-related podcast, write us at: podcast@aztoastmasters.org

<https://grandcanyonechoes.podbean.com>



WHERE LEADERS ARE MADE

IT'S OTMOTY TIME! (Outstanding Toastmaster Of The Year)



These activities contribute toward recognition of Area, Division, and District Outstanding Awards:

- Give manual speeches
- Sponsor new members
- Attain educational awards
- Attend TLI
- Attend contests
- Chair a committee
- Support your club
- Support District events
- Serve as a club officer



SCAN THE QR CODE
TO GET YOUR FORM!

- Outstanding Toastmaster • Outstanding Area Director
- Outstanding Division Director

DEADLINE TO EMAIL YOUR APPLICATION IS JULY 15!

Awards@AZToastmasters.org

Download the application: <http://aztoastmasters.org/recognition/outstanding-toastmaster-awards/>

The Courage to Communicate

From Bowling Alone to Better Angels

Being Aware, Bowling Alone, Bold Action, Better Angels. Add a "Q" and I give you Brenda's Audacious Quest! I now have the courage to communicate an important message and mission that I hope will resonate with you.

I feel that my 25 years as an active Toastmaster member has prepared me for this moment and I'm happy and excited to get started on a new and somewhat scary endeavor. Written as a full sentence: Over the course of time I became aware of the bold action needed to go from Bowling Alone to Better Angels.

At this point you may be asking - what the heck am I talking about? How much time? What bold action? What is Better Angels? Simply put, my goal and quest is to help depolarize America. What? I want to improve our country's health, one conversation at a time. Why? Like many of you, I am saddened and tired of how divided we have become as a country. Other reasons include my desire to reduce our collective stress, make our communities stronger, increase civic engagement, and bridging social capital.

How? I am an Organizer for Better Angels, a citizens' organization that is uniting red and blue Americans in a working alliance to depolarize America.



So what does Bowling Alone have to do with this? It all started in the early 1990s when I joined a bowling team called the Misfits. I was living in northwest Arkansas in a town called Bentonville, the location of the world headquarters of my employer, Wal-Mart. To blow off some steam from my intense data center operations job, I joined a local bowling league and happily knocked down some pins every week with total strangers. We named our team the Misfits and we proudly wore dorky, self- designed black T-shirts

with a cheesy silk-screened logo. I had nothing in common with my teammates except the love of the game and the fact that we lived in the same state. I didn't remain in Arkansas for more than a few years but I have fond memories of the strong and happy social connections we shared. Although we may have differed politically, religiously and socio-economically, we bonded and cared for each other. To this day, I still love to bowl and miss my Misfit friends in Arkansas.

The other major thing I did while living in Arkansas was join Toastmasters International.

My first experience was in a club called "Words R Us". It was a diverse and jovial group ranging from southern Baptist preachers to Italian-American transplants from New York. We all learned from each other and developed a wonderfully supportive culture of tolerance and inclusion. The club was a true melting pot of ideas, styles and perspectives where everyone was welcomed and all views considered. I remember enjoying the nights when we held actual debates in a point-counterpoint format. Pastor Willie Brown was my favorite club member and I always enjoyed listening to his impassioned speeches even though I often disagreed with his point of view. His big smile and hearty laugh were many times the highlight of my week.

Another important and impactful memory I have is from a speech I gave in 2005 while I living in San Diego. I was the Test Speaker at a Toastmaster Evaluation contest and the title of my speech was called "Bowling Alone". I remember using my bowling ball as a prop and discussing the importance and benefits of participating in bowling leagues and other community groups. While stressing the importance of bridging social capital and community involvement, I lamented the fact that fewer and fewer people were joining and attending local clubs and events and this was having a negative effect on our country's civic engagement.

My speech was inspired by the book by Robert D. Putnam titled "Bowling Alone: The Collapse and Revival of American Community" and focused how the reduction in all forms of in person social activities has caused a decline in social capital. My message was powerful and I recall many people coming up to me after the speech to express their thoughts and concerns on the topic.

Five years after giving the "Bowling Alone" speech, I found myself living in Littleton, CO and a member of the Columbine Communicators Toastmasters club. There I was again impacted and inspired by the events and people in the local community. The opening words of my presentation that cold day in 2010 were "another school shooting". My husband filmed this somber speech with its bold call to action and shared it on YouTube where it has been viewed 3,935 times. The title of that speech was "Bowling Alone: How to Rebuild our Communities".

Fast forward nine years, two more moves and I'm living in Phoenix, Arizona. It's 2019 and our country's civil discourse is at crisis levels. The intense amount of polarization is startling to this socially engaged joiner of Toastmasters clubs across the county. I never imagined that the United States of America would become so divided that friends and family members are not speaking to each because they support different political parties or candidates.

So here I am with my bowling background and public speaking experience, ready to try to bring people together to learn how to communicate again. My audacious quest is simple yet lofty.

- I want to help build bridges and real live connections to overcome our culture of contempt.
- I want to help people to see the human faces of their family, friends and neighbors.
- I want to help provide a safe environment and forum so people can begin to listen to the shared values and stories of those with whom they disagree.
- I want to provide the skills and training for people to have productive conversations.
- I want to bring together reasonable people of goodwill to have a sincere dialogue and a healthy competition of ideas.



- I want to face fear and contempt with jovial strength and warm heartedness.
- I want to listen and find common ground.
- I want to disagree without being disagreeable.
- I want to live up to Abraham Lincoln's words below and be a Better Angel.

"We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory will swell when again touched, as surely they will be, by the better angels of our nature."

Please spread the word and let me know your thoughts on my audacious goal.

Brenda Smull, DTM

<https://brendasmull.com>

Brenda Smull is a Distinguished Toastmaster and an active member and leader in Toastmasters International since 1994. She has served as Public Relations Officer for District 26 (Colorado), Lt Governor of Marketing for District 5 (San Diego), and Region 1 Advisor (9 Districts in Northwest US, British Columbia, and Alaska).

Brenda enjoys public speaking, coaching and mentoring, and is a Managing Director at Charles Schwab in Phoenix, AZ. She received an Army Officer commission from the ROTC program at Rutgers University, NJ and was a platoon leader during Operation Desert Storm. When not speaking or attending veterans events, Brenda can be found running, hiking, or biking.

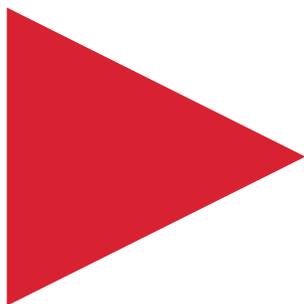
PAYMENTS FOR PACKETS!!



CLUB PACKET CHALLENGE

Submit your club's membership and guest packet

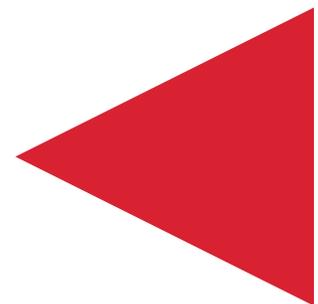
Top three in each category will be chosen to earn TI Cash!



1ST PLACE \$100

2ND PLACE \$50

3RD PLACE \$25



Submit by 8/31/2019 to DavidHopperDTM@gmail.com

Do you have a member in your Toastmasters Club who is funny or has presented a hilarious speech?

Have you ever dreamed of giving your humorous speech on the big stage in front of a live audience?

Have you ever competed in the humorous speech contest & wondered if that opportunity will ever come again?

Coming this October

TUESDAY, OCTOBER 8 FROM 7-9 PM AT THE TEMPE IMPROV
★★★ EVENT OPEN TO THE PUBLIC ★★★



HUMOROUS SPEECH COMPETITION

showcasing

Arizona's Funniest Toastmasters

LIVE ON STAGE

AUDITIONS

HOW TO AUDITION:

Must be an active member of Toastmasters. Speech Time 5-7 minutes.
Must audition at Blue Toastmasters. Blue Toastmasters meets the 2nd Friday of every month at the Stadium Club in Chandler from 7:00-9:00 pm. Come early for Happy Hour!

(Not able to make a meeting to audition? Send in your speech by video. Call for details.)

To schedule your audition, please contact:
Carol Polcyn 480.703.3265 or Al Gramando 520.705.7990

Event Sponsored by Blue Toastmasters

A Humorous Speaking & Comedy Club

YOUTH LEADERSHIP PROGRAM

SERVING THE NEXT GENERATION!

PROGRAM UPDATES

By Brian Powers, ACS, ALS

2018-2019 YLP Chair

Valley Toastmasters sponsored a Youth Leadership Program (YLP) at Pinnacle High School in north Phoenix for the third year in a row. The marketing teacher at Pinnacle High School, Ms. Cheryl Shea, has been conducting our program for the past 9 years during each spring semester.

This year, Katlyn Ewens and Lucinda McNeil enlisted the support of Brian Powers, the D3 Youth Leadership Program chair. PJ Glauz and Don Griffith were also able to attend as general meeting evaluators. Here is one student's "thank you" letter. Thirty students attended the first period sessions, and thirty-three students were in the second period of each Intro to Marketing class. They all had great things to say about Toastmasters and the many lessons they learned in the 10-week session. See the attached sample letter from one of the students, Brynn Kramer (opposite page).

Several of our Toastmasters volunteers commented about how gratifying it was to see the student's growth in their communications and leadership skills in just ten short weeks. It would be very beneficial if more of our D3 Toastmasters clubs would consider "adopting" a teacher and their class, and conduct a YLP program on a yearly basis!

For more information on any of these programs, please email:

youth.leadership@aztoastmasters.org

YOUNG TOASTMASTERS

Pinnacle High School



(left to right) Cheryl Shea, Lucinda McNeil, Don Griffith, Brian Powers (Katlyn Ewens, PJ Glauz not pictured)

Toastmasters has been a very eye-opening experience for me as a student, and I would like to thank all the volunteers who came in and helped assess us and better prepare us for communication and public speaking. The critiques we were given, whether they were to me specifically or other students, helped bring an awareness to these issues so that I was then better able to monitor within my own speaking and speech-writing. Over these past few weeks, I have developed a better ear for pacing, filler words, and overall, audience engagement. Thanks to these sessions, I can now better organize my speeches - whether they are impromptu, like Table Topics, or planned, and I can better appreciate the value of different introductions, bodies of the speeches, and, of course, conclusions.

Table Topics especially have been educational because they make us do our best to draw on the instinctive speaking skills we already know; learning from the first round is the best thing that prepares us for our second. Rather than stalling with my second round like I had with my first, I only needed a moment to create a simple structure that I then was able to follow for the rest of the minute. Table Topics also brought my use of filler words to my attention - not that I didn't know that I used them, but which ones I lean on too much - like 'like' - and how I could better avoid them.

Overall, this has been a very rewarding opportunity and I am very grateful to all the Toastmaster delegates that took the time to help us develop our speaking skills.

Brynn Kramer

Grow As a Leader & Help Another Club

Club Coach Program

Clubs with 12 or fewer members qualify to receive up to two Club Coaches to help revive and invigorate them. Both the club and the coaches have a lot to gain from this mutually beneficial relationship.

1 For the Club ...

Getting a coach (or two) provides a number of benefits. Your coach will...

- Bring a fresh set of eyes and ears to your club
- Add a new source of enthusiasm and excitement
- Help you find ways to improve your club, not change it

2 For the Coaches...

Coaching a club to Distinguished status is a fun and rewarding activity.

During the process, you will...

- Further develop your servant leadership skills
- Increase your professional & personal network
- Help more people discover the benefits of Toastmasters
- Encourage and inspire other members
- Get credit towards your Distinguished Toastmaster award

Sign Up Now - start by either requesting a Club Coach for your club or requesting to become a Club Coach. Contact the Club Growth Director or Club Assist Chair. We look forward to helping match clubs in need with enthusiastic coaches.

🌐 www.aztoastmasters.org
✉ DavidHopperDTM@gmail.com
☎ 520 631 5587



Three members have kept in touch with me this year, encouraging District 3 to expand the Speechcraft program.

Curtis Henson just graduated more credits and certificates to Speechcraft graduates on May 3rd, 2019.

In addition, Monica Hess at Vanguard is busy organizing a Speechcraft for the sales team at this company.

Karen Hewitt has a tremendous plan for the future of Speechcraft to encourage all the Maricopa Community Colleges in the valley (12 to 14 locations, give or take 2). Here is the long-term plan for Maricopa Community Colleges:

We are holding a fall contest at the Community Colleges, students, instructors and staff will be encouraged to submit written articles we can publish in a future edition of the Roadrunner. The articles featured will be the “winning” articles, juried by a Speechcraft committee, appointed by the District 3 trio. Speechcraft is an important way to expose new people to the Toastmasters concept, so they see how the organization can benefit them in communication and leadership.

If you ran a Speechcraft program this year: THANK YOU! If you plan to run a program, keep submitting your programs so we can list them in future Roadrunner editions.

This year we have set the foundation for bringing back Speechcraft so it is stronger than ever in our District 3 community.

Please submit your ideas, feedback, questions, and leads to:

speechcraftchair@aztoastmasters.org.

We want to hear from you!! To Speechcraft and beyond. May the Force of District 3 be with all of you.

Lucinda McNeil, DTM

Speechcraft Chair 2018-2019



What is an **anchor club**? An anchor club is a club that has consistently achieved success in the Distinguished Club Program for the last five years or longer. These particular clubs in District 3 were surveyed and are featured here in the second of a four-part series to share their tips and best practices for fun meetings, club strength and continued success. These clubs welcome all visitors and questions.

How does your club ensure consistency from year to year?

“There is a solid transfer of officers and the immediate past president assists in that transition. We also have many core members, DTMs who coach, mentor a support the integrity of patterns vital to the club’s success.”

Jon Hersam - Ahwatukee Toastmasters

“We provide new ideals each year to keep things fresh, this keeps members involved and excited.”

Lisa Cooley - Cochise Toastmasters

“Mentorship and planning for succession.”

Angela Clark - Downtown Mesa Toastmasters

“Monthly officer meetings.”

Rick Olson - Tempe Toastmasters



Ahwatukee Toastmasters

ahwatukeetoastmasters.toastmastersclubs.org

Tuesday 7:00 AM

4545 E Chandler Blvd, Phoenix, AZ 85048

More Info: jhersam@gmail.com 801-885-9684

Special Thanks to: Jon Hersam



Cochise Toastmasters

3198.toastmastersclubs.org

Tuesday 6:30 PM

Wellness Connection, 548 E Fry Blvd, Sierra Vista

More Info: tonileiboff@yahoo.com 520-255-1334

Special Thanks to: Lisa Cooley

How are you handling the new Pathways program in your club?

“We are actively encouraging it, and helping members become familiar. Multiple speeches have talked about using Pathways and supporting people to use it.”

Jon Hersam - Ahwatukee Toastmasters

“Everyone is giving a helping hand.”

Angela Clark - Downtown Mesa Toastmasters

“One of our club members was a Pathways ambassador, so we had a lot of information available to us. We had 4 members complete Level 1 for a DCP goal the first year it was available. This year we expect to have 2 to 3 members complete Legacy Toastmasters goals, while everyone else transitions to the new Pathways program to continue to grow at Melrose.”

Lynne Brasher, DTM - Melrose Toastmasters

“New members of course are using the Pathways program and there are a handful of designated, advanced club members who have started the Pathways programs as well. They are available to assist our new members if they have any questions or concerns about the Pathways program, our club is very team oriented.”

Kayla Weber - Valley Toastmasters

What is your club's mentoring process for new members?

"Each new member has an assigned mentor. Mentors have a checklist to provide guidance for the first 6 interactions, guiding the new member thru the meeting, roles, support structure of global TM and of course preparing for the first 3 speeches."

Lynne Brasher, DTM - Melrose Toastmasters

"The immediate past club president has taken on a new role to promote the mentorship program. The goal is to provide each new member with a mentor as soon as possible. It is crucial that a new member feels comfortable and can rely on an experienced and empathetic member for guidance."

Scott Hall - Rise and Shine Toastmasters

"Club members volunteer to mentor new members. New members are also encouraged to select their own mentor."

Leslie Hammond - Signal Peak Toastmasters

"VP of Membership recruits and assigns a mentor."

Rick Olson - Tempe Toastmasters

"We are trying something new, a rotating dual mentor-ship program. Essentially, you get out of it what you put into it! A new member can mentor a seasoned club member, it's all about a new perspective. We rotate our mentor pairings quarterly so eventually everyone will be paired as a mentor/mentee team."

Kayla Weber - Valley Toastmasters



Downtown Mesa Toastmasters

downtownmesa.toastmastersclubs.org

Wednesdays 11:45 AM

Mesa Council Chambers

More Info: curtis.krausman@mesaaz.gov 602-694-2796

Special Thanks to: Angela Clark



Melrose Toastmasters

melrose.toastmastersclubs.org

2nd and 4th Wednesdays 7:00 PM

The Rock 4129 7th Ave, Phoenix, AZ 85013

More Info: contact-1390858@toastmastersclubs.org

Special Thanks to: Lynne Brasher, DTM



Rise and Shine Toastmasters

riseandshineaz.toastmastersclubs.org

2nd and 4th Saturdays 7:10 AM

1119 W 9th St, Mesa, AZ 85201

More Info: cuckoobee61@hotmail.com 480-662-7174

Special Thanks to: Scott Hall

Continued on next page



Signal Peak Toastmasters
signalpeak-tm.toastmastersclubs.org
Thursdays 6:30 PM
Sun Life Family Health Center
More Info: alg@azci.net 520-705-7990
Special Thanks to: Leslie Hammond



Tempe Toastmasters
tempetmstr.wix.com/tempetoastmasters1715
Tuesdays 6:30 AM
Tempe Family YMCA
More Info: gracenakar@yahoo.com 480-242-5740
Special Thanks to: Rick Olson

What makes your club unique?

"After 50+ years as a club we can still have fun."

Lisa Cooley - Cochise Toastmasters

"Like many clubs, we have our own culture. We are a 'Shorts and Sandals Club' since we meet early on Saturday mornings and many of us are on the way to enjoy fun weekend activities following the meeting. We are laid back and friendly: however, we still get the job done. We have unusual roles such as a 'cliché monitor' and we give out our special 'Spark Plug' award to the person who provided the most energy. Rise and Shine is aptly named since all of us rise early and makes everybody's day shine."

Scott Hall - Rise and Shine Toastmasters

"Small town, big draw. 15 years in a row President's Distinguished, 14 years in a row Leadership Excellence Legacy Club and 6 years in a row 10 out of 10 DCP Goals."

Leslie Hammond - Signal Peak Toastmasters



Valley Toastmasters
valleytoastmasters.net
Thursdays 6:15 AM
Church of the Beatitudes
Special Thanks to: Kayla Weber



Series Writer: David Hopper, DTM
2018-2019 Catalina Division Director
2018-2019 Roadrunner Associate Editor
2017-2018 HPL Chair, member since 2015, past Picacho Area Director and currently serves in various officer roles for multiple clubs in Tucson, AZ

DISTRICT

3 ROADRUNNER



CALL FOR CONTENT!

Submit articles, flyers and artwork for events and announcements for the next ROADRUNNER now!

AUGUST 1ST DEADLINE!

Submit your flyer or announcement to be included in the district newsletter to roadrunner@aztoastmasters.org

NOTE: Editors reserve the right to edit submitted articles, photographs, and artwork at their discretion.

Articles/artwork submitted after the deadline date may be slated for the next issue. No Exceptions!

Questions? Feedback? Requests?



roadrunner@aztoastmasters.org

2019 DISTRICT 3 EVALUATION CONTEST RESULTS



1st Place - Bob Myers



2nd Place - Tom Otstot



3rd Place - Jovita Robertson

CONGRATULATIONS!

2019 DISTRICT 3 INTERNATIONAL SPEECH CONTEST RESULTS



1st Place - Garrett Hamlin



2nd Place - Tracy Wang



3rd Place - Anna Maria Harris

CONGRATULATIONS!

2019-2020 DISTRICT 3 OFFICERS



Jim Eng, DTM
District Director



Peter Salazar, DTM
Program Quality Director



David Hopper, DTM
Club Growth Director



Angelina Beaudry
Agave Division Director



Sue Delap
Catalina Division Director



Barb Schumacher
Mohave Division Director



Curtis Henson
Navajo Division Director



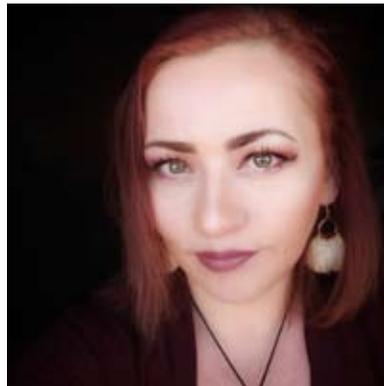
Jeannette Cannon
Picacho Division Director



Connie Weiss
Saguardo Division Director



Edwin Weston
Tonto Division Director



Karen Hewitt
Verde Division Director



Franklin Jayasim
Zuni Division Director

CONGRATULATIONS & GOOD LUCK!

A Toastmaster's Promise

As a member of Toastmasters International and my club, I promise...

- To attend club meetings regularly
- To prepare all of my projects to the best of my ability, basing them on the Toastmasters education program
- To prepare for and fulfill meeting assignments
- To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called upon to do so
- To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs
- To act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities



WHERE LEADERS ARE MADE