



District 3

Roadrunner



Volume 1, Issue 3

Spring 2017

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District Highlights

Focus: Membership

The primary focus for 2016-2017 is Membership growth and the needs of the members.

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Thank You

Tim Smith; DTM
Past District Governor



My car accident was over in seconds but it seemed like it took hours. Everything happened in slow motion. I remained conscious throughout the accident, the ambulance ride to the hospital, and being wheeled into the emergency room.

I remember looking down at myself on an operating table while a crowd pushed me towards an amusement park ride. A glowing sign said to keep my arms and legs inside the ride, to hold on, and that heaven was 5000 km ahead. Who knew that the Lord measures in metric? We quickly passed signs stating that heaven was 4000 km, 500 km, and finally 5 km ahead. I exited the ride, saw an open door, and could hear my grandmother's infectious laugh. I looked in the door. My grandmother raised a drink and welcomed me. My dad quickly appeared from behind the door, told me that I was too soon, and slammed the door in my face! I tumbled backwards down a long flight of stairs. WTF! Yes, I thought of the usual meaning of WTF but I also thought "where's the food?". I was waking up from an induced coma that had lasted a few days and I was starving!

I hurt all the time and the pills made me forget what planet I was on. I was depressed. My roommate Bill was a thirty-something truck driver who was having strokes while driving. His driver license was revoked, he had no way to earn a living, and he discussed where the cuts would come with his wife and kids. Bill would watch the therapists get me in and out of bed every day. The pain was excruciating even with more Percocets than I could count. Bill told me that he could hear in my voice that I really hurt but I never told the therapists to stop or that I didn't want to have therapy that day. Bill said that I was an inspiration for him. His statement shook me. I realized that, even though I hurt like hell, I had a purpose to inspire others.

Jeannie Enders visited me one day while I was in rehab. She casually asked me how I was doing financially. I was drowning in bills! She suggested a fundraiser and I agreed. Rose Swearingen created the GoFundMe page. Thank you Jeannie and Rose. I thank each of you who thought of me, called, sent a message, visited, or contributed to the GoFundMe page.



TLI & Conference Updates

Enid Moore-Cranshaw; DTM
PQD@aztoastmasters.org

District 3 members, thank you for attending Toastmasters Leadership Institute (TLI). You were able to learn the skills to be a successful officer, network with your fellow officers and take back tools to help your club be successful.

Special thanks to TLI Committee Chair, Stephanie Hoffman; Registration Chair, Maddy Lockhart; Sargent At Arms, Heather McEnroe; Social Media Chair, Katlyn Ewens; Assistant Social Media Chair, Lisa Raymond; Videographer, Don Griffith; Out Reach Team, Jeff Morud and Nancy Duckett; Curriculum Team, Becky Van Fleet, Diane Travers-Shipman, Lucinda McNeil, Christina Mencuccini, Connie Weiss and Nancy Starr-Cassidy; Food Chairs Jeff and Cherie Gores; all facilitators and countless volunteers.

Without you TLI would not be successful.

Fall TLI has come to an end, but there are more opportunities for you to participate in upcoming events outside the club to expand your network, knowledge and personal growth. You are invited to attend Area and Division Spring Contests, which will be held during the months of March and April. The speech contests will feature District 3 members competing in the International and Tall Tales Contests. Winners will progress from the Club, Area and Division with the final winner of each Division competing at the District Spring Conference. The winner of the International Speech Contest will represent District 3 at the 2017 Toastmasters International Convention. Let the Spring Speech Competitions begin!

2017 Spring Conference Theme is Mardi Gras! "Let the Good Talks Roll". Spring Conference Chair, Rich Wavrik and team is planning an educational, fun-filled, networking event that will have District 3 talking for years to come.

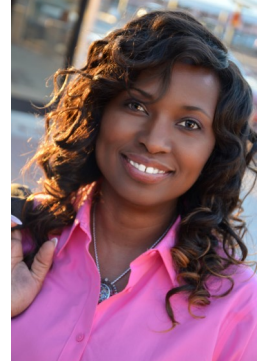
The Keynote Speaker is 2000 International Champion Edward Tate. Topics include "The StoryFinder™ –How to Create New Stories in Minutes!" and "Get Yes! To Your Request!" These are valuable topics to help "make your business presentations memorable" or talking points to recruit membership for your Toastmasters Club, recruit clientele, or to be an effective advocate for a cause close to your heart. You will be able to communicate your vision and product effectively To Get Yes To Your Request. To see more of what Edward Tate has to offer, go to <https://youtu.be/40dGYrwNBIs>.

8 reasons you should attend Fall Conference, according to Ed Tate:

1. Social Media (Person to Person, Face to Face, no batteries needed).
2. International Speech Contest or World Championship of Public Speaking.
3. Tall Tales Contest
4. Friends
5. Break routine, renew and recharge
6. Increase your Return On Investment in Toastmasters (ROI). If attend only your club meetings you are missing out on all that Toastmasters have to offer.
7. Party and have fun
8. Ed Tate

I encourage you to "Increase your ROI" in Toastmasters by stepping outside your club to attend Spring Conference, a District 3 training session, and the Summer TLI. Say Yes to an opportunity to serve as a volunteer at Spring Conference, TLI, Contest Judge, Contest Functionary, or Club Coach. Step outside the club today and watch your ROI increase.

Enid Moore-Cranshaw; DTM
 District 3 Program Quality Director
 2016-2017



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 Photography

Say Yes!

Jan Byrd; DTM

2016-2017 District Director

DD@aztoastmasters.org

Hello District 3 members,

As the first of the year rolled around, did you take the time to set your goals for this year? I hope self-improvement is on your list. I believe that Toastmasters is one of the greatest places to focus on improving our communications and leadership skills. What are your communication goals for this year? Will you be earning your CC, ACB or higher? What is your leadership goal, maybe to be a club officer, or be an Area Director? What are your personal goals and how will Toastmasters help you reach those goals?

To accomplish any goal, we must say "yes" and show up. It is not enough to just say yes! To truly learn and grow we must also show up. Show up and do the best we can.

We will never know our best until we try. When Region 10, International Director, Michael Osur (DTM) gave his speech, "Say Yes" at the fall conference, it really resonated with me. If we are to grow as leaders and communicators, we must say "yes". Through volunteerism, Toastmasters give us many opportunities to say "yes." You could be 1 of 47 Area Directors, who will earn credit for their ALS. Maybe you will be 1 of our 39 chairs: conference, membership, dues renewal, Speechcraft, and so many more will be needed for our upcoming year. Are you ready to be a club officer? Say "yes" to start learning leadership skills. Every time you say "yes" and show up you will grow a little more. Learn communication and leadership skills that you can transfer to your work skills.

From the first Toastmasters meeting I attended, 7 years ago, I have said "yes" and showed up! I have grown as a leader and communicator. I am grateful for the leadership skills I have received through Toastmasters. Say "yes" and show up as you will never know what opportunities will come your way. To all of you that have stepped up this year and said "yes" and showed up, thank you! It takes all of you to make this district successful. It has been a great honor to watch you all grow as leaders.

Respectfully,
Jan Byrd, DTM
District 3 Director



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Cottonwood Toastmasters

Laurie Rangel; DTM

The Cottonwood Toastmasters Club is full of unique, talented, supportive, and kind hearted individuals. They gather weekly to build friendships, increase confidence, learn to lead and motivated, and to speak in front of a captive audience.

Furthermore, we gather to laugh. Often times, Cottonwood Toastmasters members give humorous speeches, ask hilarious Table Topic questions and most frequently, they giggle during prolonged silent moments. Laughter is of course, the best medicine.

In order to keep up with social media trends, the Cottonwood Toastmasters Club put together two #MannequinChallenge(s). Although you won't see the laughter that took place behind the scenes, the club did remarkably well holding perfectly still throughout both takes.

The first video depicts the club actively listening to speaker Dr. Cheryl Kasdorf as she describes the healing benefits of gentle treatment called Bowen. Dr. Cheryl Kasdorf has had a Naturopathic Medical practice in Cottonwood, Arizona since 1999.

The second video shows how we start off each of our meetings with humor, Lou Rangel is the Joke Master making us laugh

On behalf of Cottonwood Toastmasters Club, we sincerely hope you watch both of our #MannequinChallenge(s) and share them with your fans on social media, and with your email subscribers.

Cottonwood Toastmasters Club members come from all walks of life, varying in experience, expertise, age and character. Members include an engineer, film maker, teacher, life coach, Real Estate Agents, several DTM's, and many other healing helpful professions.

The Cottonwood Toastmasters Club is open to guest, during our regularly scheduled meetings, every Monday from 12:00 – 1:00pm LOCATED AT THE Cottonwood Village Retirement Center, 201 E. Mingus Ave., Cottonwood, AZ. For more information check out our website at <http://cottonwoodtm.toastmastersclubs.org> or contact Trent at 928-300-3352



©2017 Laurie Rangel

Spring Conference 2017**Rich Wavrik****2017 Spring Conference Chair****conference@aztoastmasters.org**

Greetings Fellow Toastmasters!

Only a few more months until the 2017 District 3 Spring Conference! This year's theme is, "Mardi Gras, Let the Good Talks Roll". Spring Conference will be held at the Crescent Sheraton Hotel in Phoenix the weekend of May 5 through 7th, 2017.



©2017 Rich Wavrik

Friday Night will start off with a social reception prior to dinner. We will have the District 3 Distinguished Toastmaster (DTM) Ceremony and the Tall Tales Contest. Your night is not over yet, stay for a Masquerade Ball and Costume Contest.

Saturday will be a day filled with education sessions, fun and fellowship. Ed Tate will be our Keynote Speaker. The Hall of Fame Luncheon is a chance to be recognized for your educational achievements and receive education pins. There will be a Saturday night social reception prior to dinner. Stay to see the District 3 International Speech Contest. The winner will go to the International Contest in Vancouver, British Columbia this Summer!

The weekend isn't over yet, Sunday morning brunch with an exciting speaker and education session.

Online registration will be available soon. Plan to sign up early to benefit from early-bird pricing. Conference packages for all budgets and events are available. Early Bird Registration ends April 15, 2017. The Early Bird Price is \$165. After that, Regular Price is \$175.

Online Registration ends April 30, 2017

If you have never been to a District 3 Toastmasters Conference, what are you waiting for? This is an opportunity of a lifetime to meet new Toastmaster friends.



Shelley Gabriel; Tonto Division Director
Martha Brock-Leftridge; DTM
Roadrunner Editor-In-Chief

It's a beautiful time to see the excitement on the faces of new leaders as they take their necessary places in leadership. At Toastmasters International, their famous slogan "Where Leaders Are Made," has a direct correlation to the making of these two fabulous Directors Shelley Gabriel, DTM, Tonto Division Director and Edwin J. Weston, ACG, ALB, Tonto 3 Area Director. They are taking the District by storm. Although, they have taken time out of their busy schedules to speak on their personal journey, we hope you find their stories inspiring.



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MGBL: The Role as Division Director: What is it like being a Division Director?

SG: It had been enlightening. I have great mentors in Doug Houle and Jeff Morud. I am blessed to have them both because they have both been in this position. I am very fortunate to have them as my mentors.

MGBL: The Transition: Describe your transition into this role. What advice would you give to those individuals aspiring to become Division Directors?

SG: My mentor Doug Houle said to me, "When you are elected in May is when you start. You don't start July 1st." That is what has helped with my transition. Having the right mindset is critical. I had a goal in mind with a plan to have all of my Area Directors in place by June 1st. We hit the ground running.

For individuals aspiring to become Division Directors, set a goal and a plan now. Do not wait until May to do it. It will be here before you know it and you will be off to the races.

MGBL: You are in the 2nd half of your term. What are the three pieces of advice you would give to aspiring Division Directors?

SG: 1. Prepare for your upcoming year ahead of time. It will be here before you know it.

2. If you have never attended a contest, then, attend a contest. You should become a contest manager, judge, or work one of the functionaries to become familiar with the various roles. You should also attend the contest and judges training sessions that are offered by the District.

3. Start attending District 3 events on a regular basis. You never know who you will meet there. It may turn out to be someone who could help you in an upcoming contest.

MGBL: Leadership Style: How would you describe your professional and personal style of leadership?

SG: My leadership style is based on my personal values and expectations that I am held to accomplishing. My leadership style is also based on trust. If you say you are going to do it, I expect you to do it. It's that simple. Then, you will be doing it. In short, following the golden rule, do unto others as you would want them to do unto you.

Trust, integrity, respect and excellence are the four core values of Toastmasters.

MGBL: Future Leadership Goals: What are your future hopes in leadership beyond your current role as Division Director? Where do you want to take your leadership in Toastmasters?

SG: I desire to part of the trio as Club Growth Director. However, I will take a year off after my term ends in June 2017. There are personal things that I need to do before I start working on my professional goals as Club Growth Director.

MGBL: Guidance and Leadership: What has made the Area Directors successful under your guidance and leadership?

SG: I am very fortunate to have three experienced Area Directors that are helping us through the processes. They are sharing their previous experiences, which makes the transition easier for the other Area Directors. We are supporting each other. I believe that is the key to our success. I also believe that communication is the other key. If the Area Directors have a problem, they communicate it right away to get the necessary solution. At the beginning of the year, I shared with the Area Directors to always set their personal goals while achieving their professional goals.

Edwin Weston; Area Director
Martha Brock-Leftridge; DTM
Roadrunner Editor-In-Chief

MGBL: Edwin, you are 6 months into your leadership. Can you share some of your takeaways thus far?

EJW: Yes, I can. Thank you. I feel that over the past 6 months, I have learned so much about leadership in Tonto 3 as Area Director. There are many faculties to assist you in becoming a great leader. You will fail, if you fail to use them. For example, having a mentor and a plan of action to execute at the right time is critical.



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MGBL: Leadership Style: In terms of your leadership style, What type of leader are you?

EJW: My style of leadership is to lead by example. If you cannot do it, why ask someone else to do it. I look at some of our past Great Generals like General Grant and General Patton. Whatever they desired from their men, they first had to earn their respect. I take this leadership very personal when I am in my leadership role. If they see me doing it, then they could say I can do it. If I can put in 100% effort, then they could say I can do it also. That's what makes a great leader.

MGBL: Area Director's Perspective: What were your 1st thoughts coming on board as an Area Director? Do they differ from your position?

EJW: I must say that my first thoughts were, "Could I meet the challenge(s)?" After going to the first training, the thoughts became those of "What tools do I have to meet the challenge(s)?" "What can I do to ensure my clubs are successful?" Each club is similar to a child where you can't put that club into the same basket as others. You have to understand each club's strengths and weaknesses in order to extract the best from them.

MGBL: So, what you are basically saying is that you were able to make adjustments despite the preconceived notions you had?

EJW: As I grew and matured into the position, I began to believe it was a role I was meant to do. The key to success is that you have to learn how to be a servant leader in order to be an effective leader.

MGBL: One of the most challenging times as an Area Director is that of Contest Season. How is it that you are able to move through the processes and get the right members to help?

EJW: It's a matter of putting the right team together. The team members have to be able to function together in order to produce a well-oiled contest. One person cannot make a contest run by himself/herself. We need cooperation from the whole team.

MGBL: What would you say to a new person who would like to become an Area Director?

EJW: The first thing I would tell them is that it's a LOT of hard work. The second thing is be true to yourself. You have to take the time, patience, and develop the willpower in order to develop those critical leadership skills.

MGBL: What would be the number one thing to avoid in order to keep things cohesive?

EJW: Point blank, going in with your eyes closed. This is a position where paying attention to details is a must. I say that because you have to know your surroundings and develop situational awareness. If you do not choose to do that, you will get ensnared in one of many

These directors are no different than anyone who strives to become the greatest leader ever. Their traits are so similar in how they approach their leadership style and how they avoid various land mines that will bring their leadership to a halt. Edwin was very quick to point out that understanding the landscape of your leadership is critical in avoiding distractions and hindrances to your next great level. As for Shelley, she has demonstrated that having a great mentor to cut through many of the landmines has paid great dividends for her ascension to leadership greatness. While these two leaders have different approaches and styles, the impetus for these types of interviews is to inspire, redirect, and focus on your personal style and contribution to leadership. Maybe after reading these articles, you will aspire to take your leadership to the next level.

Pathways Learning Update!

Nancy Starr-Cassidy DTM PID

District 3 Pathways Chief Ambassador

After four years of development, Toastmasters International has released Pathways Learning to the first District this month. Which means that Pathways Learning program will be coming to members in District 3 later this summer or early fall.

What does this mean for you? The officers who attended TLI were treated to a brief preview of the program. New competencies, 10 learning paths, and the introduction of Base Camp, the system that allows members to access learning projects, videos, online tools and more!

Let me first reassure you that everything you experience in your club will not change! New members still deliver ice-breaker speeches; everyone will be working towards a Distinguished Toastmaster award and all existing functionary roles will be performed.

Current members will have the choice to continue their existing educational award track (for at least 2 years); or they may switch to Pathways Learning; or members can opt to work both education programs at the same time!

Pathway Guides will be selected to provide training at each club and will serve as mentors to answer questions about Base Camp and the new programs beginning a couple months before our district is scheduled to go live. Pathway Ambassadors are still available to speak with your club now and share information about Pathways and the implementation.

For more information, refer to www.toastmasters.org/pathways, or contact me at REP@AZToastmasters.org. We look forward to bringing Pathways to your club!



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Upcoming Promotions & Marketing Day

Michael Heier; DTM

Club Growth Director

I hope your New Year is off to a great start. The marketing team is working to reach new members across the state. When's the best time to Talk-Up Toastmasters? Any time is a great time, we're fortunate to be members of a life changing organization, we owe it to others to share what we've learned. It's an even better time to Talk-Up Toastmasters during February and March while Toastmasters International hosts the Talk-Up Toastmasters membership drive. It's a great opportunity for you to help your club to grow and earn some great prizes for your club, including Toastmasters signs!



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We had a terrific Marketing Day boot camp in Chandler. We had speakers give information on membership building (including getting guests to attend, converting them to members, and retaining members) along with social media and Sponsor, Mentor and Coach training. Just a few of my lessons learned are below. Look for similar events coming soon!

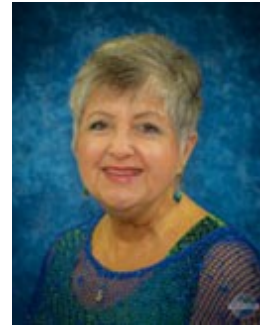
- ★ Every member is a missionary for your club and Toastmasters as a whole.
- ★ Adjust evaluations when guests are around to stress why different speaking skills are important.
- ★ Have the Toastmaster, create and pitch a teaser of what to expect next week.

"If you don't ask, the answer is always no." – Nora Roberts

Michael Heier
District 3 Club Growth Director
2016-2017

The Gift that Keeps on Sharing
Julie Caliendo-Wersin; DTM
2016—2017 Navajo 4 Area Director

Twenty years ago, I joined Toastmasters for me. Just like most of the members, I wanted to improve my speaking, listening and thinking on my feet skills. I created my own accelerated path. Today, public speaking skills, no fear! Job interview skills, no problem! I was on my way! Here I am 2 decades later and about to complete my fourth DTM wondering why I am still doing this. I have achieved my ultimate goals. Some people burn out, some fizzle out. I was somewhere in between. I pondered my purpose in continuing. I realized Toastmasters was a gift that keeps on sharing. For me to find self-satisfaction I needed to share this gift with others. Many years ago I knew it was no longer about me, but about me being a vessel for the gift to flow through. Within the structure of the Toastmaster organization there are many opportunities for giving back, but I had a bigger vision yet to unfold.



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Two years ago, my new husband invited me to come to his Optimist club meeting. Optimist International is an organization designed to bring out the best in kids by having its members contribute to the community youth. By “youth” we mean children under 18 years old. I began my search for where I fit in. There were projects for cancer kids, rejected kids, work on the reservation, senior assistance, and many more. There is an annual Essay contest, Oratorical contest and a Communication Contest for the Deaf and Hard of Hearing (CCDHH). I found my niche! The winners are awarded \$2500 1st place, \$1000 2nd place, and \$500 3rd place scholarships to the school of their choice. Once a student wins 1st place, they are not allowed to compete again. Although I am a retired banker, I am also an interpreter for the deaf. I can communicate with them in their own language, American Sign Language (ASL). Thus my journey began.

For 2 years, I have had the opportunity to mentor high school students to compete in an Arizona speech competition. They are given 4-5 minutes to present their speech. Last year, I mentored 2 high school seniors. Hannah won 2nd place for a \$1000 college scholarship. The other student, although he didn't win, experienced amazing growth and increased self-esteem. The theme was “How Does the Best in Me Bring Out the Best in Others.” This year, 2 mornings a week for the last 3 months I went to Sequoia School for the Deaf in Mesa and worked with 2 juniors and 1 senior to prepare their speeches to address this year's theme “What the World Gains from Optimism”. We had professional interpreters for the deaf to either voice their signs or sign what they spoke. I was able to teach these contestants Toastmaster presentation/delivery skills for their speeches. Although sign language is expressive, they had never been taught about eye contact, body language or facial expression impact on an audience. I was able to show them how to work the audience with these facets of presentation as well as the power of the planned pauses. The conference was held at the Arizona Golf Resort in Mesa February 11, 2017.

About the 3 contestants:

Amber, profoundly deaf, did not start to acquire language until she was 7 or 8 years old. Her parents could not communicate with their daughter, nor she with them. They realized they had to leave the Navajo reservation and move to the Phoenix area to give their daughter a good education and a chance at life. Amber won 2nd place for a \$500 scholarship. As she is a junior now, she can compete again next year.

Oscar, severely deaf, came from Peru about 5 years ago with his family. He said in his speech “I did not know sign language or English, but that didn't stop me from learning!” English words came gradually and he is also learning sign language. He taught himself to form the words and speak, even though he has never heard a spoken word. He did not sign his speech, he spoke it. Oscar won 2nd place for a \$1000 scholarship. He graduates in May.

Naykor is a junior. He did not win, but he's still a winner to me. The experience was life changing. He did an excellent job, but had some tough competition. He will be able to compete again.

The Gift that Keeps on Sharing (cont'd)

Julie Caliendo-Wersin; DTM

2016—2017 Navajo 4 Area Director

I can hardly express the pride and joy I felt in all 3 of them in their accomplishments. I am overwhelmed! This is definitely my favorite thing to do for the Optimist organization and Toastmasters. I acquired skills and valuable experience in Toastmasters. These gifts I have been able to pass on to these students. Thanks to Toastmasters leadership training I am now the District (state of Arizona) Chair for the Optimist CCDHH contest next year. This crossover from one organization to another is the best gift. I had to think outside the box. I made a withdrawal from my bank of knowledge in Toastmasters so I could make a deposit into Optimist International to benefit our youth here in the valley (banker analogy, smile). Value gained in Toastmasters, priceless! Toastmasters is no longer about me, as it was in the beginning, it's all about what I can do with the gift they gave me. What are you going to do with the gift you got?

Let's talk after you read the article.



Contestants



Winners



Group with Julie Caliendo-Wersin

DCP “Top of Mind”

Nancy Duckett; ACB, ALB
DCP Chair



Clubs with 5 or more DCP Goals and qualify for Distinguished with 20 members or have net growth of 5 new members by April 30, 2017 will be entered into a drawing for a \$75 Toastmasters International gift card.

We are at the halfway mark in our Toastmasters year and we are energized and striving for 80% Distinguished, our District 3 Goal. Whether your club has achieved 5 DCP Goals or are tracking to it, don't forget about Membership! To qualify for Distinguished Club Program status, your club must have 20 members or net growth of 5 new members in addition to the 5 DCP Goals.

TIPS for growing and maintaining club members while having FUN

Say yes to:

MENTORING

1. Help each other - mentor or simply become a buddy
2. Get credit for “Mentoring”, Project 9 in the Competent Leadership Manual
3. Presentation of the Successful Club Series - “Mentoring” module, it qualifies for an Advanced Award
4. Ask for assistance, seek out a club mentor

AN OPEN HOUSE

1. Showcase your club with an Open House - make it fun with a theme and send out invitations
2. Make up a flyer, get the word out - personally invite guests, including your Area Director
3. Provide information about Toastmasters, your club and share personal Toastmasters stories
4. FOLLOW UP - Follow up - Follow up! Take sign-ins from Guest Book and reach out with a thank you and invitation to another meeting

SPRING SPEECH CONTESTS - International and Tall Tales

1. Schedule your club's Speech Contest and invite guests/potential members
2. This is another special opportunity for your VP Membership and other members to talk up Toastmasters
3. Follow up and offer to take interested guests to the Area and Division Contests

MEMBERSHIP CAMPAIGN

1. Participate in Talk Up Toastmasters! (Feb 1 - Mar 31)
2. Every member is an ambassador for the club, take turns at meetings, back up your VP Membership and connect with guests/visitors
3. Share your own Toastmasters story. Don't forget to close the sale - offer information on Toastmasters and how to apply.

A message from your 2016-17 DCP Chair – Nancy Duckett, ACB, ALB Email questions to: dcp@aztoastmasters.org

Reminder: Dues are due!

Renew EARLY!

**Collect & submit dues from all members
by March 31.**

Questions? Email dues@aztoastmasters.org



Transformation Through Toastmasters

Laina Lloyd; DTM
Cottonwood Toastmasters



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Several years ago during a difficult transition in my life, I discovered an organization called “Toastmasters”. Impressed with the motto, “Where Leaders are Made” and yearning for direction with my current situation, I joined a club near my home named “Speak-Up Frisco”. I was terrified to give my first speech out of the Competent Communicator manual, I didn’t feel very competent at all; however, I survived and have since overcome the heart pounding, shaking body, sweating hands that preceded my first speech.

In my eleven years as a Toastmaster, I have learned that Toastmasters provides a fun and supportive environment where the members can learn and grow with positive reinforcement. Having been a member of three Toastmaster Clubs, with my current club being Cottonwood Toastmasters, I have discovered that members are generally kind and supportive with a desire to experience enjoyment while learning.

During my personal transformation through Toastmasters, and because of the priceless evaluations that are provided for each speech and functionary role, I no longer sway when I talk, eye contact has improved and inappropriate words such as ah, well, um and so have either ceased to exist or are on their way out! The feeling of FUN has replaced the heart pounding, shaky body, sweaty hands attacks.

All Toastmasters should enjoy their clubs and have FUN. Some of the things we do in Cottonwood Toastmasters for fun are happy and humorous Table Topics. For example, during this past Cyber- Monday, I was Table Topics Master. By doing some quick Internet research, I discovered that there is an iPotty iPad Cyber-Monday product available for purchase that can help toilet train your tech-enthusiastic toddler. Somehow, by no fault of mine, the Table Topics session centered around going potty. Laughter was commonplace through the remainder of the meeting.

One of the current social media trends is the mannequin challenge. Because my club loves to laugh and enjoy every meeting, we took the mannequin challenge. This project was not as easy as it sounded. Try having a group of happy, laughing Toastmasters sit perfectly still for 20 seconds! What should have taken 20 seconds turned into 20 minutes of fun and laughter. You can get inspiration for your own club by watching us on Face Book at #mannequinchallenge videos. Are you up to the challenge?

Personal transformation through Toastmasters can happen for all of its members. Helen Keller once said, “Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” Having a fun and enjoyable Toastmasters transformation experience is up to you. That ability lies “in you”. May your transforming journey be a joyous one!

TALK UP TOASTMASTERS

AS A BONUS
Add the most members in your heat (Base Membership of 0-19 and of 20+) for an extra prize: Choice of Summer TLI paid for 7 officers or a business card sized ad in the spring conference program for your club.

- ▶ Get 10 members = \$50 gift certificate
- ▶ Get 7 members = \$35 TI gift certificate
- ▶ Get 5 members = \$25 TI gift certificate
- ▶ With \$25 of your winnings, you can also opt to get a Toastmasters sign

This contest is effective February 1st through March 31st.
Please contact Michele Zalak at membership@aztoastmasters.org with any questions. Best of luck to all of you!

DISTRICT COUNCIL MEETING PROXY FORM



District Number: 03

District Council Meeting Date: May 6, 2017

At the district council business meeting, each club president and vice president education in attendance is entitled to one vote. However, if either or both officers cannot attend, they may designate, in writing, any other active member of their club to act as a proxy or proxies for their club. (Use the form below.) No other proxies are valid at this meeting, per **Article X: Council Meetings, Quorum, Proxies, and Voting (a) Proxies of the District Administrative Bylaws**.

In the event one of these officers does not attend the meeting and has not designated in writing an active member of the club to act as his or her proxy, the officer or proxy holder in attendance is deemed to hold the proxy of the other, and may therefore cast two votes at the meeting. This assures that every club is represented by two votes.

In addition, each district officer, including area governors, in attendance is entitled to one vote. Only district executive committee members carrying both credential or proxy certificates from their club are allowed three votes. All other members are limited to a maximum of two votes each.

IF YOU CANNOT ATTEND

Date: _____

Club name: _____

Club number: _____

Your name: _____

Officer position: _____

Club president or vice president education: indicate your duly authorized proxy below (must be an active member of your club).

Name: _____

Date: _____

This form must be submitted to the Credentials Desk at the District 3 Conference to obtain ballot(s).

Editor's Corner

**Martha Brock-Leftridge; DTM
Roadrunner Editor-In-Chief**



To quote Jerry Reed from the Smokey and the Bandit Theme, “We have a long way to go and a short time to get there.” Right now, we are in the home stretch of the Toastmasters year but there is so much that has to be done before June 30.

Clubs have work to do in meeting DCP goals (especially those of membership), contests, elections, and a whole host of other things to close out the year Distinguished or better. In order to do that, it takes the effort of all members, not just officers or a few members who work hard. Remember: A distributed load can sometimes be more efficient than if one person carries it.

This is considered to be our second wind. We are not trying to get it right. We must end with everything coming together in the right manner. In this issue, you will read about fabulous Toastmasters who are doing amazing things in their leadership and their communities. For the first time, we are privileged to have Julie Caliendo Wersin gracing our pages with a wonderful article on giving back. This article will touch the hearts of many because we often wonder what to do with what we have acquired in Toastmasters. Her article should answer many fleeting questions on the subject.

We are delighted and pleased to see Tim Smith, our former District Director, rise to greatness again despite the many challenges he has faced. This article is a good read for anyone who has overcome challenges.

Finally, we have an election upon us. We must be poised to get to know our candidates in a personal and professional manner. The interviews from our great directors should help us in understanding our role in that selection process.

Happy Reading!
Martha Brock-Leftridge; DTM
Roadrunner Editor-In-Chief 2016-2017

Key Dates to Remember

Talk Up Toastmasters Campaign.....	February 1—March 31
Spring 2017 Area Contest Season (International & Tall Tales)	March 1—March 31
Dues Renewal.....	March 31
Spring 2017 Division Contests (International & Tall Tales).....	April 1—April 29
Spring 2017 District Conference.....	May 5—7
Deadline for Roadrunner Articles.....	May 15
Roadrunner Publication Date.....	June 1

OUTSTANDING TOASTMASTER GUIDELINES



Name of Candidate _____ Year _____
 Club _____ District _____

This form contains a suggested point system your club can use in selecting its Outstanding Toastmaster or Toastmaster of the Year. This award recognizes one member whose educational accomplishments, club service, dedication and enthusiasm are exceptional. Complete one form for each candidate.

All club members should be eligible. Special certificates and plaques are available from World Headquarters; visit the online store www.toastmasters.org/shop.

PART A

This section is designed to recognize the human factors that contribute significantly to club spirit and success. Rate each candidate in three separate areas, according to the horizontal scale below:

5pts.	3pts.	1pt.
Tops in Club	Good	Fair

POINTS

1. **Enthusiasm** – Does the member reflect enthusiasm for fellow members, for the club and for Toastmasters? _____
2. **Dedication** – Does the member readily and enthusiastically accept all assignments and willingly contribute to the club’s well-being? _____
3. **Helping Others** – Does the member evaluate others with the purpose of recognizing achievement, fostering continued improvement and building self-esteem? _____

PART B

Assign points to the activities and achievements listed below:

CATEGORY	VALUE	POINTS
Attendance	100% – 10 pts. 90-99% – 8 pts. 80-89% – 6 pts.	_____
Club Officer Service	6 pts. per 6-month term (or 12 pts. per 1-year term)	_____
Newsletter Editor (not club officer)	2 pts. per 6-month term (or 4 pts. per 1-year term)	_____
Webmaster	2 pts. per 6-month term (or 4 pts. per 1-year term)	_____

CATEGORY	VALUE	POINTS
Educational Awards		
CC	12 pts.	_____
AC Bronze	10 pts.	_____
AC Silver	10 pts.	_____
AC Gold	10 pts.	_____
CL	10 pts.	_____
AL Bronze	10 pts.	_____
AL Silver	10 pts.	_____
DTM	15 pts.	_____
Manual Speeches	1 pt. each	_____
Meeting Awards		
Best Speaker	2 pts. each	_____
Best Table Topics	1 pt. each	_____
Best Evaluator	1 pt. each	_____
Other (if applicable)	1 pt. each	_____
Contests		
Participation (any contest)	1 pt. each	_____
Won club contest (bonus of 3 points for winning each level above club)	3 pts. each	_____
Coordinated		
Speechcraft	6 pts. each	_____
Other Success/Leadership and Success/Communication	3 pts. each	_____
Youth Leadership	5 pts. each	_____
Conducted Educational Programs		
The Better Speaker Series	2 pts. each	_____
The Successful Club Series	2 pts. each	_____
The Leadership Excellence Series	2 pts. each	_____
Outside Speeches	1 pt. each (max. 10)	_____
Sponsored New Members	5 pts. each new member	_____
Mentor for New Member	2 pts. each	_____
Participated in Inter-Club Visit (joint meeting or speaker-evaluator exchange)	1 pt. each	_____
Written and Verbal Evals for CL projects (must give both for credit)	½ pt. each	_____
High Performance Leadership		
HPL Guidance Committee Member	3 pts. each	_____
HPL Project Leader	3 pts. each	_____
		TOTAL

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