



THE TOASTER

Goal Getters Quarterly Newsletter

April 2016 Edition

From Our Club President:

Jerry Gomes

What a Great Way to Start the New Year!

Hi Everyone! Thought I'd take this opportunity to mention a few things:

Our club contest is just a few days away. Thanks to all of you who are helping out! It's a great experience not only for our speakers to stretch their comfort zones, but it's an opportunity to take on roles we don't usually have in our regular meetings.

Dues are due before April 1st. Natalie will be at our next meeting. Otherwise, I can ensure the checks get deposited. If necessary, you can send a check to me (made out to Toastmasters) at: 5901 West 105th Street, Bloomington, MN 55438

New officer elections are not too far away. Please start thinking about a role that might interest you. Feel free to ask a current officer about their experience!

Thanks!

This Issue

Content- Jon Perry & Shari Lynne Grayson

Lauren (Luna) Perry – Name & Concept

Contributors: Jerry Gomes & Jeff Urbanek

Club Mission:

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



Goal Getters Toastmasters Club Members

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At the Lectern

Officer Spotlight

This quarter, our Vice President of Membership (VPM), Jeff Urbanek, was kind enough to share his thoughts regarding interview questions sent his way.

How has taking on an officer role in Toastmasters changed you?

Besides being now able to shoot fire from the palms of my hands, I think it has helped build my confidence in my ability to make a difference.

What is your favorite part of being the VPM?

I enjoy meeting new people, and anticipating the personality they will bring to the group. I believe we are changed by everyone we meet; I think this applies both as an individual and a group.

What challenges have you taken on as an officer and what were the results?

I think our biggest challenge was working through the transition to a new location, which our President was able to very smoothly transition! Now that we moved, we have had several visitors. We have two new members as of March 11, with several others about to join or very interested!

Toaster Spotlight

Fellow Goal Getters and guests, our **2016 Toastmasters Club 1414 Spring Speech Contest** takes place **March 15**. If you're interested in experiencing or learning about what a Toastmasters speech contest is all about, feel free to join us! This spring's competitors are focusing on the Table Topics theme. There are many roles to fill to pull off a contest and **we're thankful to members of other clubs who've offered their time to help**. We're looking forward to an exciting contest!

Stay tuned for the July edition to hear about contest results!



Upcoming Dates & Events

Speech Contest

-March 15th

-Noon – 1:00 PM

Spring Contests

– April

– www.d6tm.org

Meetings

Held First Three
Tuesdays of Each
Month

City Hall,
350 S. 5th Street
Room 333
Minneapolis, MN

Social Media

Find us on Facebook

[www.facebook.com/
goalget-
ters.toastmasters](http://www.facebook.com/goalgetters.toastmasters)

YouTube.com
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national



Meetings Held Here

Officer Spotlight (continued)

What would you tell someone interested in the position for next year's term?

Being the membership officer gives you a chance to exercise the very leadership and communication skills that we build on each week in Toastmasters. It requires organizational skills in planning Guest Days, developing a strategy, and processing new-member paperwork. It also requires coordination with the entire officer team, as well as greeting prospective members, answering their questions, and letting guests know how great our club is!

-Jon Perry, former Area Governor and Goal Getters member

Connect: Email, text or call us for more information about our Toastmasters group!

goalgetters1414.toastmasters@gmail.com or 612.567.4946

Visit us on the web at <http://goalgetters.toastmastersclubs.org/>

Inspiring interview with outgoing member, Matthew Johnson

What brought you to Toastmasters (TM)?

I came to Toastmasters to help improve my speaking abilities and presentation skills. I received a promotion at work and starting providing more informational sessions to explain what we do in our department. I bombed a few presentations and realized I needed some help. I had heard about Toastmasters before because I worked at a place that held a TM meeting weekly, so I looked into it and found one close to where I work that worked with my schedule.

When did you first notice changes (or others noticed changes in you) and what were those changes?

I first noticed a change roughly around speech number 4. **I started being less anxious, scared, and uncomfortable for my upcoming speeches.** I had a few smaller presentations at work around this time to 1-4 people and found I had more confidence, which led to a better presentation overall. I was able to stay in the moment and actually experience my presentation instead of white knuckling through it and not really remembering much about it. My wife started noticing the difference when I rehearsed the speeches with her. She identified that I seemed more comfortable, confident and at ease.

What was the hidden surprise for you in Toastmasters; what did you get that you weren't or didn't expect?

The one thing I was not expecting was the comradery involved. I was not expecting to make friends through this process, I felt I was going to improve my speaking abilities and that was it. I was pleasantly surprised to find out I shared a lot in common with the other folks in my group, and **really started to enjoy going and connecting with my group. Who knew speaking and learning could be fun!?!**

What do you think you gained from your Toastmaster experience that will follow you throughout your career/ life?

I have started building a skill that I was afraid of previously. **I have taken something that was a major detriment to me in my career and my day to day life, something that gave me great anxiety and stress, and turned it into a strength.** Around speech 8 I was invited to speak to a large group of staff members through my agency, along with my Board of Directors, at a retreat. I gave a presentation about the direction of our agency. In the past, I would have avoided this at all costs. This time, I presented to this group with confidence and with ease (and still a bit of fear and anxiety, but much less than before!). I gave what I believed to be one of the best presentations of my life, and received a large amount of praise from those present. It felt so great to feel a sense of accomplishment and that I was able to provide a service to my agency.

As of Tuesday, I finished my CC manual. **One year ago I set out to “improve my speaking abilities” and today I can proudly say I have begun to achieve this goal.** I will continue to work towards improving my speaking abilities and skills and now that I have the basic tools to do so, I have a great jumping off point for the future.

Matt, thank you for agreeing to take part in this project. It has been inspiring to watch you over the past several months. All the best to you, on your journey!

-Jon Perry, former Area Governor and Goal Getters member