

Westerly Winds Wire

March 2015



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

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Note from our Club President

Greetings Toastmasters and Readers,

Westerly Winds was the first club in all of District 6, which includes approximately 290 Toastmasters clubs in parts of Minnesota and Ontario, to earn 10 of 10 Distinguished Club Program (DCP) points! We received our last point when [Vidya Rajaram](#) and [Kylie Pinkham](#) completed their *Competent Communication* manuals in February. Congratulations to all.

Fulfill a meeting role at a Speechcraft session or regular Toast of the West meeting on Tuesdays from noon to 1 p.m. in D5-N990. "Controlling Your Fear" and "Impromptu Speaking" were the educational speeches delivered at the Feb. 24 Speechcraft session. On March 10, the Speechcrafters will give their Ice Breaker speeches, and the educational speech will be "Creating an Introduction." At the March 24 session, "Evaluate to Motivate" will be the educational speech, and Speechcrafters will introduce each other and give "Organize Your Speech" speeches. Support our club buddy, Toast of the West!

Improve your speaking skills by being a contestant in one of our club's upcoming contests. The International Speech Contest will be held on March 25, and the Speech Evaluation Contest will take place on April 1.

Develop your leadership skills by running for a club office. Current club officers will give speeches about our positions at our April 29 meeting, and elections will take place at our May 13 meeting.

Continue to work on your goals whether they are communication or leadership goals. Keep up the great work!

[Cheryl Bergstrom](#)
President, Westerly Winds
Toastmasters



Spring 2015 Speech Contest Dates:

Westerly Winds International Speech Contest: Wednesday, March 25, 2015

Westerly Winds Speech Evaluation Contest: Wednesday, April 1, 2015

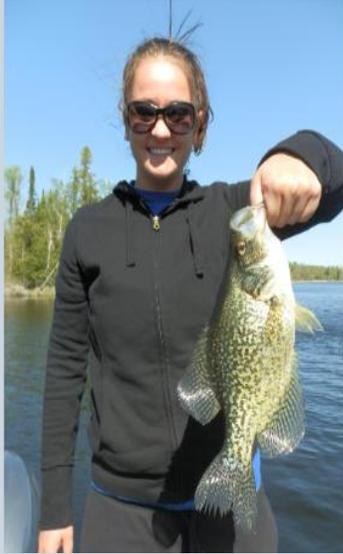
Area 74 Speech Contest: Thomson Reuters; Wednesday, April 8, 2015

Rivers Division Speech Contest: Wednesday, April 15, 2015

District 6 Evaluation Speech Contest: Minneapolis; Friday, May 1, 2015

District 6 International Speech Contest: Minneapolis; Saturday, May 2, 2015

Spotlight on a Westerly Winder



Nikki Hertel

WW Member since
November 2014

Legal Solutions and Quality
Specialist, Editorial Operations

Q1: When and why did you join Toastmasters?

I joined Toastmasters in November 2014 after attending a meeting as a guest as well as the Lunch, Laugh, and Learn event. It sounded like a really wonderful opportunity to improve my public speaking skills and meet new people.

Q2: Since joining Toastmasters, how have you grown as a communicator and leader?

I have noticed that since joining Toastmasters, I have been more likely to volunteer for leadership positions without fear of inexperience or judgment. I also am more aware of the "crutch" words I use and my overall presence when speaking or giving presentations in the work environment.

Q3: What do you like best about our club?

I really love how supportive our members are and the valuable feedback and advice that everyone contributes.

Q4: What have you done in Toastmasters to gain leadership experience?

To gain leadership experience, I volunteered to be the Club Buddy Committee Chair and help lead the program for 2015. I also joined the Speechcraft 2015 Committee as well as

assisting the VP of Public Relations with the club's newsletter.

Q5: What is the most important thing you tell your friends and family about Toastmasters?

The skills you develop and practice in Toastmasters go far beyond public speaking. Toastmasters also helps with improving your professionalism, dealing with formal situations, as well as being able to effectively give valuable feedback. All of those skills are transferrable and extremely useful for other areas of your life as well.

Q6: What are 5 fun facts about you that our club may not already know?

1. I am an extreme couponer. I have a solid stockpile of items that will last me for several years.
2. I am an avid gardener. We have a 1,200 sq/ft vegetable garden in Roseville.
3. Despite my bubbly and upbeat personality, I have a serious Irish temper.
4. My favorite things to do during the warm-weather months are lying in the sun and....FISHING! I'm going to catch my monster Muskie one day!
5. I have always had an enormous crush on John Wayne. He is so dreamy. ☺

Westerly Winds Club Buddy Contest

Do you think you can be the best Club Buddy EVER?

Now you have the chance to prove it! The Club Buddy Committee proudly announces the official Westerly Winds Club Buddy Contest! This contest will be based on a points system and will run for the entire months of March and April (last day is April 28th). Also, remember that your attendance and participation in Toast of the West meetings also counts for Toastmaster of the Year points!

HOW DO I EARN POINTS?

Attend a TOTW meeting	1 point
Fill a role at a TOTW meeting	2 points
Give a speech at a TOTW meeting	3 points
Bring a guest to a TOTW meeting	5 points
Convince a guest to join the TOTW Club	10 points

These points are cumulative in nature and a guest is considered someone who does not belong to a Toastmasters club.

WHAT COULD I WIN?

The prizes for the winners of the Westerly Winds Club Buddy Contest are currently TOP SECRET and will be disclosed at a later date.

Club Buddy Social Committee



If you have any questions about the Club Buddy program, please feel free to contact any of the Club Buddy committee members: [Nikki Hertel](#) (Chair), [Cheryl Bergstrom](#), and [Steve Mundt](#).

It is our goal for every Westerly Winds member to attend at least one TOTW

CLUB OFFICERS 2014-2015

If you have questions, comments or concerns, please contact our club officers.

President	Cheryl Bergstrom
VP of Education	Attracta Abulu
VP of Membership	Mary Johnson
VP of Public Relations	Kylene (Kylie) Pinkham
Treasurer	Mark Hoffman
Secretary	Starlett Drader
Sergeant at Arms	Bobby Jo Steffl
Past President	Babu Srinivasan

Westerly Winds Stats

Current as of Feb. 25th, 2014

- 36 Current Members
- 73 Speeches Given
- 74 Guest Visits (14 guest visits in January!!)
- 11 Educational Awards Achieved
- 10 Distinguished Club Program Points

Attend an upcoming Toastmasters event

District 6 Spring Convention is **May 1-2, 2015** at the Ramada Plaza in Minneapolis. Contact [Cheryl Bergstrom](#) with questions.



Westerly Winds Announcements

Attend Toast of the West meetings and support Speechcraft

Why?

Come support the group and the Speechcraft participants. It would be great if each person could attend one session. There will be opportunities to serve as Timer, Ah Counter/Grammarian, Speech Evaluators, General Evaluator, and other roles. The reports given will be shorter than usual to fit everything in 50 minutes.

Spring 2015 Speech Contests

Westerly Winds International Speech Contest * – Chair [Sarah Gardner](#)

Contestants present a five - seven minute speech on any subject they choose.

*Must have completed at least six speech projects in the Competent Communication manual prior to the club contest.

Westerly Winds Speech Evaluation Contest – Chair [Elizabeth Leyva](#)

Contestants observe a five - seven minute test speech and then present a two - three minute evaluation of the test speech.

When?

Meetings will be held from noon-1:00pm in D5-N990 on the following Tuesdays: **March 10, March 24, April 7, and April 21**

Questions?

Contact [Cheryl Bergstrom](#), Speechcraft Coordinator

The club speech contests will be held during the Westerly Winds normal meeting.

Detailed information can be found in the Speech Contest Rulebook on the [International Toastmasters](#) site.

The winners of our club's speech contests will advance to the Area 74 speech contest. (See dates on pg.1)



Results from the Backpack Buddies Challenge!

Westerly Winds and Toast of the West participated in a friendly contest by taking part in a campus-wide food drive for Backpack Buddies, a program designed to bridge the gap for children struggling with issues of food insecurity and nutrition. The Junior League of Saint Paul organized the food drive as part of their Healthy Bodies, Healthy Brains initiative.



The winner of last month's Backpack Buddies Food Drive contest between Toast of the West and Westerly Winds is... **TOAST OF THE WEST!** Westerly Winds members brought in 182 items, which averaged to more than five items per member. Toast of the West brought 139 items, which averaged to nearly 14 items per member! Thanks to everyone who brought in food, counted items, and took photos. [Nikki Hertel](#) created a fabulous Toastmasters Food Drive traveling trophy with a can of soup on top. As president of Westerly Winds [Cheryl Bergstrom](#) presented the traveling trophy to [Tom Zielund](#), president of Toast of the West.

Speech Summaries

February 4th, 2015

For her 'Organize your Speech' project from the *Competent Communicator Manual* [Bobby Jo Steffl](#) gave a speech entitled "**Health: Have it your way.**" Bobbi talked about why cholesterol management is important to her, misconceptions people have about eating healthy and different diets, and how she's implemented changes and encouraged other to do so too. She shared her experience about going vegan and exercising regularly to lower her cholesterol.

For [Nikki Hertel's](#) 'Get to the Point' project from the *Competent Communicator Manual* she gave the speech "**Getting Your Bell Rung,**" which focused on her experience dealing with the consequences of several sports-related concussions.

[Amy Johnson](#) told us "**Why I don't eat Pork**" in her 'Icebreaker' project from the *Competent Communicator Manual*. Amy told us a little about herself and her relationship to her grandpa. Through a series of stories, we learned that Amy's grandpa made a big impression on her. His actions prompted her to make a deal in a dark hour never to eat pork. She hasn't eaten it since and it's been 24 years. We also learned that Minnesota is the land of 10,000 ways to serve pork.

February 11th, 2015

[Vidya Rajaram](#) gave her final speech 'Inspire Your Audience' from the *Competent Communication Manual*. In her speech, "**It's Time to Start Reading Again,**" she inspired the audience to start reading books again. She took a trip down memory lane discussing how books made our childhoods very colorful and interesting. She then persuaded the audience to join her in her reading journey this year by outlining some of the benefits of reading and shared stories of how books have changed her life.

[Lori Cruz](#) told us how to "**Chart Your Career**" for her project 'How to Say It' from the *Competent Communication Manual*. Her speech was on [Chart Your Career](#) (available to all Thomson Reuters employees & accessible with a SAFE ID), which houses many tools and resources to help with your development. It is an interactive, informational and easy-to-use website features a variety of videos, checklists and information arranged around three key areas: Career Scenarios, Career Resources and a Career Healthcheck.

February 18th, 2015

[Kylie Pinkham](#) gave her final speech from the *Competent Communication Manual* entitled "**Be Your Own Boss**" for the 'Inspire Your Audience' project. Kylie talked about how her husband always wanted to be his own boss and how he recently left his accounting firm to start his own Pinkham Tax & Accounting business. She explained what steps you need to take to start your own business and gave advice from her husband's perspective on how to prepare, what to expect and how to market yourself to be successful.

[Wendy Tay](#) completed her 'Organize Your Speech' project from the *Competent Communication Manual* with her speech "**The Story of My Career Change.**" Wendy talked about the reasons she had for her career change. Although she wanted to be a chemistry professor, she found out that it was not the right job for her because she doesn't like to be limited in her interests, she wants to do work with a broad impact on society and she doesn't like teaching at a university.

February 25th, 2015

[Attracta Abulu](#) is working on the *Storytelling Manual*. For Project No.5 she gave the speech "**Amina -The Warrior Queen**" which was about the life and times of the warrior queen, Queen Amina of Zaria, in Northern Nigeria. She brought peace and prosperity to her Kingdom (the Kingdom of Zaria) and because of this she is immortalized in Nigerian history.

[Michael Lange](#) gave his 'Icebreaker' speech "**The life of a Minnesota Sports fan**" from the *Competent Communication Manual*. He talked about how he was a Minnesota sports fan and tied it in with some of his personality characteristics. He discussed how he is persistent and optimistic and that his experience as a Minnesota sports fan has taught him to always believe his teams have a chance to be good in the future even though they haven't delivered a victory in decades.



Check out **Westerly Winds Toastmasters group** on the [Hub](#) for more information!

Westerly Winds Tips

Please add **Toastmasters** in the **subject line** of any and all emails to easily weed through and avoid over loading our work inboxes.

Recycle your Toastmasters Magazines:

If you have older Toastmasters magazines that you are not using anymore, please feel free to bring them to [Kylie Pinkham](#) or to our next meeting. These will be re-distributed out around campus for others to enjoy.

Theme Meetings

On the third Wednesday of each month, Westerly Winds will have a theme for the entire meeting, including speeches. The theme for the **March 18th** meeting will be "**Fake/True Autobiographies.**" The goal is to have the speakers write their own biography as if someone else was writing about them. Please send questions or suggestions for other themes to [Attracta Abulu](#).

Interesting Facts

[Bobby Jo Steffl](#) taught us that more than 71 million Americans have high cholesterol and that Heart Disease and stroke are among the leading causes of death in the U.S.

To learn more about concussions, see [Nikki Hertel's](#) posted information and links on the Westerly Winds Hub page [here](#).

[Vidya Rajaram](#) called attention to a growing trend where even Facebook users are starting to read more as part of Mark Zuckerberg's (CEO of Facebook) book club.

Educational Awards

Please join me again in congratulating our fellow Westerly Winders, [Vidya Rajaram](#) and [Kylie Pinkham](#), on earning their Competent Communicator Awards – CC!



Vidya is an active member as well as the immediate past VP of Education of Westerly Winds Toastmasters.

Kylie is an active member, the proud editor of the award-winning Westerly Winds newsletter, as well as the current VP of Public Relations of Westerly Winds Toastmasters.

We are very proud of Vidya and Kylie and wish them all the best!

Guests Welcome!

Westerly Winds would like to welcome all guests to attend our meetings. If you have any questions prior to the meeting, please feel free to reach out to any of the club's executive members. Join us for some fun speeches in a supportive environment over the lunch hour!

Meetings are held every Wednesday from Noon-1pm in D5-N990.



I WANT YOU

Volunteers Needed

If anyone would like to help write articles, gather content, or discuss improvements and opportunities to make our newsletter even better, please contact [Kylie Pinkham](#) and [Lindy Neubauer](#). Helping with the Westerly Winds newsletter would qualify as a project completed in the Competent Leadership manual.

Thanks again to all who helped make this newsletter "Award Winning!"



WHERE LEADERS ARE MADE
www.toastmasters.org

Toastmasters International Announcements

Register for 2015 Annual Convention! The 2015 Toastmasters International Convention will be held in one of the most exciting cities in the world - **Las Vegas, Nevada!** Join your fellow Toastmasters August 12-15, 2015 at Caesar's Palace Hotel and Casino. Visit their website www.toastmasters.org/convention for more details.

About Toastmasters International

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of meeting locations. Headquartered in Rancho Santa Margarita, California, the organization's membership exceeds 292,000 in more than 14,350 clubs in 122 countries. Since 1924, Toastmasters International has helped people of all backgrounds become more confident in front of an audience. For information about local Toastmasters clubs, please visit www.toastmasters.org. Follow [@Toastmasters](https://twitter.com/Toastmasters) on Twitter.