VOLUME 10 JULY 2010

CAVE SPRINGS TOASTMATERS

CLUB 9677 DISTRICT 08

PRESIDENTS NOTES

To start off our 2010 -2011 Cave Springs Toastmasters year I thought it might be of value to review the Toastmasters' Mission, Vision and Values directly from the Toastmasters' Policy and Procedures manual and The Mission of the District since that is where everything starts.

Mission

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

Vision

Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.

Values

Toastmasters International's core values are integrity, dedication to excellence, service to the member, and respect for the individual. These are values worthy of a great organization, and we believe we should incorporate them as anchor points in every decision we make. Our core values provide us with a means of not only guiding but also evaluating our operations, our planning, and our vision for the future.

Mission of the District

The mission of the District is to enhance the performance and extend the network of Clubs, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters education program by:

⇒ Focusing on the critical success factors as specified by the District educational and membership goals.

⇒ Insuring that each Club effectively fulfills its responsibilities to its members.

⇒ Providing effective training and leadership development opportunities for Club and District officers.

Distinguished Club Program and Club Success Plan

For the past three years we have finished the year as a President's Distinguished Club and we will strive for that achievement once again this year and for many years to come. The guide to that goal is in the DCP and Club Success Plan working along with determined Club members working diligently to achieve their own goals as well. I know we will be hearing much more on this subject from our very capable VP Education, Diane Gregory so I will leave it at that. Now, **LET'S HAVE FUN!**

Tony Gartner, MBA, DTM
President, Cave Springs Toastmasters

INSIDE THIS ISSUE:

Presidents Notes	1
Coaches Corner	2
For the Health of It	2
Goals and Vision	3
Other News	3
Club Info	4
Meeting Info	4

COACHES CORNER

Is There a Difference Between Mentoring and Coaching?

Several years ago I was doing some research on that subject for a presentation at one of our District 8 Conferences and found a quote from a person who put it I thought, very succinctly. She said, "in order to Mentor someone you must have experience in the area needing mentoring, however, you might Coach someone in an area outside of your expertise for a different purpose". An example used was, "I can Coach a surgeon, but I could not mentor them". Mentors in either a formal mentoring program or informal relationship focus on the person, their career and support for individual growth and maturity while the coach is typically job-focused and performance oriented.

"A mentor is like a sounding board, they can give advice but the partner is free to pick and choose what they do. The context does not have specific performance objectives. A coach is trying to inspire a person to act on knowledge they may already have in order to achieve some end result, the person may choose how to get there, but the coach is strategically assessing and monitoring the progress and giving advice for effectiveness and efficiency."

"Mentoring is biased in your favor. Coaching is impartial, focused on improvement in behavior." The mentor has a deep personal interest, personally involved—a friend who cares about you and your long term development. The coach develops specific skills for the task, challenges and performance expectations at work.

The focus of a mentoring relationship is specific to the expertise of the mentor. If an aspiring writer wanted to become a best-selling author the shortest route would be to hire a Mentor with several best-selling books to their credit. A struggling, new attorney might work with a retired Senior Partner from a prestigious law firm. An aspiring speaker and trainer might become the protégé of a nationally recognized professional speaker.

FOR THE HEALTH OF IT—ENZYMES

WHAT ARE ENZYMES?

Enzymes are the spark of life. Without them, life would not exist. They are the workers that make your body function.

WHY WE NEED ENZYMES

If you eat food that is steamed, boiled, roasted, broiled, fried, stewed, canned, pasteurized or even micro-waved, you need enzymes. Enzymes are destroyed by heat. They are the most heat sensitive nutrient found in food. When food enzymes are missing, the body is forced to produce all the enzymes necessary for digestion. This puts unwarranted stress on the organs of the digestion which must rob enzymes from your immune system to digest food.

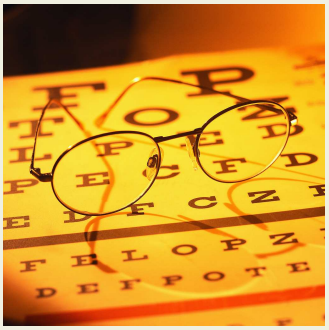
WHAT ARE THE DIFFERENT TYPE OF ENZYMES?

There are four main types of enzymes:

1. Proteases break down protein (meats, beans, etc).
2. Amylases break down carbohydrates (potatoes, pasta, cookies, etc).
3. Lipases break down fats (olives, avocados, etc.).
4. Cellulose break down fiber (celery, carrots, etc.).

Your Life does not get better by chance, it gets better by change. Jim Rohn 1930-2009

2010-2011 CAVE SPRINGS CLUB GOALS AND VISION



Vice President Education

1. Earn President's Distinguished Club.
2. 11 Members Earn Full Circle Award.
3. Shooting Star Award earned by 20% of members eligible. (Must finish their first 12 months in the club by June 30, 2011.
4. Simplify calendar tracking process.
5. Simplify tracking members progress toward TM educational awards.

Vice President Membership

1. Recruit 10 new members for the year.

Vice President Public Relations

1. To continue timely production of club newsletter.
2. Establish a committee: Currently Bob Blattman and Denise Siemers have accepted.
3. To be active in the St. Charles Chamber of Commerce.
4. Distribute flyers to local approved areas.
5. Promote the club to local media.
6. Maintain club web site and accurate list of current members.
7. Attend other Toastmaster events.
8. Promote club through social media when appropriate i.e. Facebook, Linkedin Twitter etc.

Teamwork is working together — even when apart.

Treasurer

1. Early submission of dues to Toastmasters Int'l.
2. Prompt deposit of checks, entering new applications & payment of bills.
3. Attendance at all leadership meetings.
4. Have a replacement at club meetings when I am out of town.
5. Complete the requirements for Competent Leader.

Secretary

1. Reconcile and assist with updating the Membership Roster..

Sergeant at Arms

1. Maintain club equipment.
2. Ensure meeting starts and ends on time.
3. Set up room for meetings.
4. Obtain added assistance bringing supplies to front of the room.
5. Have replacement for vacations and other times I am unavailable – thanks to Bob Blattman for accepting responsibility.
6. **Many thanks to all my helpers.**

Cave Springs Toastmasters
Club 9677 District 08

Our Officers

President – Tony Gartner
Vice President of Education – Diane Gregory
Vice President of Membership – Ryan Leach
Vice President of Public Relations – Mary Sanders
Treasurer – Brenton Dearing
Secretary – Deborah Woods
Sergeant-at-Arms – Marilee Schumpe
Previous Club President— Kimberly Smith

Our Mission

The Mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn fosters self-confidence and personal growth.

Our Organization

Cave Springs Toastmasters Club #9677 is part of Area 20, Division B, District 8 and Region V (Five) of Toastmasters International.

Weekly Meetings: During each weekly meeting our members fill various roles or functions: The Invocation is a brief prayer or inspirational thought given by a member of the club in accordance with his or her personal beliefs. Participation is voluntary; respectful silence is expected. The Toastmaster for the Meeting is responsible for keeping the meeting running in an orderly fashion; the "emcee" of the meeting. Speakers give prepared speeches from a variety of Toastmasters manuals. Evaluators give feedback to the speakers regarding attainment of their speech objectives. The Timer is the member responsible for tracking the timing of speaking roles during the meeting and indicating minimum and maximum time requirements to the speakers. The Grammarian observes and gives feedback in regard to appropriate grammar and usage. The Word Master provides a word for the day with the purpose of enriching vocabulary, and notes correct use of the word during the meeting. This is usually done by the Grammarian. Ah-Counter – Counts the speakers' use of verbal crutches and fillers such as "um," "uh," "you know, " etc. This may or may not be done by the Grammarian. Table Topics – The segment of the meeting when the Table Topics Master asks questions of members who do not have other speaking roles during the meeting. The questions require spontaneous replies that require participants to think on their feet as they provide 1-2 minute responses. Vote Tabulator – Counts the votes for Best Speaker, Best Evaluator, and Best Table Topics. General Evaluator – The member who calls for evaluations and reports, and gives feedback in regard to the meeting as a whole, offering suggestions for improvement.