



Coach's Corner

The following are some questions we might ask ourselves when thinking about the future. In addition, we might talk these over with a Coach or adviser.

What is the biggest challenge I am facing right now?

Where do I want to be in five (or?) years?

If I could change one thing about my career what would it be?

In what ways am I shortchanging my health?

If I worked with a Coach, what would I work on first?

Think about the above if you like, you may be your own best Coach. You also may want to read *TOO SOON OLD, TOO LATE SMART*: Thirty true things you need to know now. By Gordon Livingston, M.D.

I am reminded of a Pennsylvania Dutch saying that I observed once on a sign. It was; "Ve get too soon oldt und too late schmartd."

Tony Gartner, MBA, DTM

Danita's Health Hints

Interval Training



Lack of time is the number one reason people give for not exercising, and a lack of results isn't far behind. Interval training is a great solution for both of these reasons.

Interval involves alternating short bursts of intense activity with what is called active recovery.

The Swedes came up with a term for this type of training: they called it Fartiek, which means speed play. Not only is it an efficient training method. Fartiek training can help you avoid injuries that often come with a more repetitive activity. This method provides the opportunity to increase your intensity without burning yourself out.

Fartiek does not involve specially or accurately measured intervals. Instead, intervals are based on the needs and perceptions of the participant. How you feel determines the length and speed of each interval.

A great trick is to tell your self, that you'll run a particular distance, from the blue car to the green house, and then walk from the green house to the next telephone pole, then run from the blue house to the corner

Each interval can be negotiated with yourself on how strong you happen to feel. This helps to break up the boredom. If you are looking for some interval training call me, I can help

Danita Watkins

President's Notes

Beginnings

When January rolls around every year it's always a fresh beginning to me—a clean slate. It causes me to think about my plans and goals for the next year; you probably do the same. Naturally, we need to set our Toastmaster goals; have you set yours?

Coming up soon in our Toastmaster year are the next speech contests: The International Speech Contest and the Evaluation Contest. I'm going to participate in the Evaluation Contest.

I've been told that contests help us hone our speaking skills on a higher level. Amazingly, I find that true because even though I'm not going to be giving a prepared speech, I am evaluating how I personally evaluate speeches now, and I'm trying to figure out a strategy. Ha!

I've set other goals, too, both personally and in Toastmasters, and I've already begun taking steps towards completing them. Have you done the same? Time goes by quickly and it will be another January before we know it. Will you and I have achieved this year's goals by then? We will be closer if we at least begin.

Wishing you successful speaking,
Kimberly



Club Coaching Experience at Script Masters

By Kat Mokriakow, CC, CL, Division B Governor

In July 2007, my home club Script Masters experienced a great challenge in our membership makeup when work on the new company headquarters was completed. A number of our members were moved to the new location. At the time of this move, Script Masters had 39 members, with more than half moving. This had a great impact on the club meetings. By the time Toastmasters renewal came around in October 2007, we had 5 members, with only 2 able to attend meetings. The headquarters move affected our club membership greatly.

Determined not to let our club collapse, in November 2007, Script Masters conducted a kick off meeting to introduce Toastmasters International to guests at the new Headquarters location. We had around 27 guests attend and it was a huge success. Many guests joined right away. By the time December came, we had 11 new members just below the club coach cutoff. I asked my Area Governor, John Barry for assistance.

Our assigned club coaches: Bob Blattman and Bernie Donnelly began attending our club meetings. These two were an asset far beyond what I had hoped for. They gave speeches for our new members who were not ready to speak and they filled various roles sometimes performing multiple roles.

Bob taught us the importance of the Competent Leader Manual. Club members began bringing their manuals to meetings and using them. Both Bob and Bernie encouraged and sometimes nudged members to give speeches. It was as if whatever they had to say, our members responded. Bob and Bernie kept us organized and allowed us to keep moving forward by answering questions. They offered useful advice. They were invaluable, not only to my club, but to me personally.

You see, I was still working at the original location and had to travel back and forth to attend meetings. I wasn't always able to be there to offer our new club members the support and guidance they needed. Bob and Bernie were there to do that job for me. This allowed me to concentrate on our club at the other location. We began holding meetings again and other Toastmasters around the District came to our aid in this time of need.

Could we have rebuilt our club without the assistance of a Club Coach? The only answer I have is, with the amount of work and dedication it takes to rebuild a club from the ground up. I am so thankful I don't know that answer. My question is why would I want to? We have experienced and dedicated Toastmasters around District 8 waiting to offer their help—all you have to do is ask. I requested help and now Script Masters has 24 members. The club is doing great. Thanks so much to members of District 8 who are willing to be there when we need them. ♦

Announcements

All seven of our officers attended TLI this month held at Twin Rivers Worship Center. The facilities were great and we had fun and learned new skills. Kathy Pingleton, Mike Jones, Mary Sanders were recognized with a badge for completing the Competent Communicator manual. Congratulations all.

Our club International Speaking Contest and Evaluation Contest is scheduled for February 17th. The contests will begin at our normal time but usually run longer so you may have to make arrangements with work. We have five contestants in both the speech contest and the evaluation contest. So come prepared to enjoy yourself. Kathy Dickason is the chair. Kathy will need help there are many positions to fill. If you are able to help, **please email her at ksdickason@yahoo.com**. The Spring Contest is the one that leads to the competition for World Champion Toastmaster! Wouldn't it be great to have Cave Springs represent District 8 at International!!