

# THE TARHEEL TALKER

NEWSLETTER OF THE DISTRICT 37 TOASTMASTERS

WWW.TOASTMASTERS-NC.ORG — SEPTEMBER 2009



Are you achieving your personal goals this Toastmaster's year? What can we as a District do to help? Interested in becoming a Sponsor, Mentor or Coach for a club? We can find you a club to assist. Need

advice on what High Performance Leadership Project to select? Just ask us.

Want ideas to charge up your weekly meetings? We can help. Struggling to increase your club's membership? Ask us how to make it happen.

Who is this "we" I keep referring to? Your District leadership: including Area Governors, Division Governors, Youth Leadership Chair, Speechcraft Chair, and the

District Top 3. Don't worry. We don't bite.

You can ask us just about anything, and if we don't have the answer, we will find it for you. Our job is to support the CLUB and YOU the member. Let us help you achieve your goals this year. Because when you succeed, the District succeeds.

*Deb Lee*, DTM  
District 37 Governor

## In the Sept. '09 issue:

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## Grow your club to help us honor TMI founder

By BRYAN WALSH

It all began in 1924. Ralph Smedley invited a few men to meet in the Santa Ana, California YMCA where he conducted the first meeting of what would eventually evolve into Toastmasters International. One person initiated a



*Smedley*

program that would go on to affect millions of people.

Membership growth is important to ensure club success. In honor of Dr. Ralph

Smedley, can your club add five new, dual, or reinstated members between August 1 and September 30?

By doing so you'll qualify to receive a "Smedley Award" ribbon to display on your club's banner.

In addition to the ribbon, qualifying clubs will also earn a special discount code for 10% off their next club order through the Toastmasters International Bookstore.

District 37 will recognize all the clubs who achieve the 2009 Smedley Award. Names will be posted by the Fall

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## Fall D37 Conference Update

By SUSAN U. STEWART  
& JEANNIE BLETHEN

The TIMING could not be better! Just when people are scraping by, hundreds of businesses are folding daily, unemployment is at its lowest in decades, credit is unavailable, morale is at its lowest since the Great Depression, and this country is in debt to such an extent that if every citizen sold everything we owned, we would still be in debt to our debtors...

Those of us with goals and fortitude will rise above the situation, and reap the benefits and rewards that are there for the taking!

The OPPORTUNITY could not be better! The Tarheel Fall Conference is at your doorstep! This year's conference offers more benefits and rewards than ever. Our keynote speaker, Katherine Morrison, will inspire you beyond belief—wait until you hear her story!

Our morning workshop speakers will share with you their secrets to their success and show you how you can



succeed using their techniques; the afternoon motivational speakers will inspire you and your family and friends beyond belief!

The CONNECTING happens from the moment you enter until you leave, from the Kick-off Cocktail Party and Tarheel Talent Show Friday night, to the Saturday lunch buffet with the renowned broadcasting speaker Larry Blunt, to the wine etiquette and tasting, cash bar and buffet dinner and keynote speaker Katherine Morrison; raffles, silent auction and Club Pride Baskets winners announced!

Don't kick yourself in the pants for having missed this. TIMING, OPPORTUNITY, and CONNECTING = SUCCESS.

*Susan and Jeannie are the co-chairs of this fall's District 37 Conference.*

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

1. Focusing on the critical success factors as specified by the district Educational and Membership Goals.
2. Ensuring that each Club effectively fulfills its responsibilities to its members.
3. Providing effective training and leadership for Club and District officers.



# Toastmasters gives voice to speaker, International Speech Contest finalist

By KATHERINE E. MORRISON

My friends and students will tell you that this could not possibly be true, but I had tremendous stage fright when I was in my twenties.

It was 1998 and I was an extremely shy young woman who absolutely did not have the nerve to stand in front of two people and offer my point of view much less an audience of 2,000. I had just been coerced into giving my first professional presentation for my internship at a prestigious biological laboratory.

It is an understatement when I tell you that I was absolutely awful! Think about Mr. Ed on Xanax and you have an idea of what I sounded like in front of my colleagues!

After the presentation, I sat alone in the cafeteria licking my wounds when a woman who sat in the audience walked over to me. She must



*Morrison placed third in the International Speech Contest in 2008. She will be the keynote speaker at the Fall Conference in November.*

have recognized my defeated state and kindly offered words of comfort and as well some advice. "You know, you have promise as a presenter."

At the sound of her words I raised my head a bit, a little less despondent. "However" she continued "you do need help." My head lowered back to its original crushed position.

She continued "There is this club called Toastmas-

ters. Have you ever heard of it?" Spying the confused look which certainly flashed across my face, she explained Toastmasters and its mission. That same week, I attended my first meeting.

I was bullied as a child. The only way that I can describe how that impacted me is to tell people that I lost my voice.

The bullying caused me to feel as if I was useless, pointless and meaningless. I definitely did not expect audiences to treat me with kindness and respect.

It wasn't until I became a Toastmaster that I started to find that voice that had become some precious to me. During my first Toastmaster's meeting, something miraculous happened. No one chided me. Not one person gave me a disapproving look or

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## Announcements:

**Congratulations to the Spring 2009 winners of the District 37 Contests:** International Speech Contest winner **Larry Epps**, and Table Topics Contest winner **Erica Nicholson**. Great job!

**Correction:** The Tarheel Talker incorrectly attributed the article "E-resources for Toastmasters in a digital age" to Glenda Clare. The writer of the article was Naomi Takeuchi. The Tarheel Talker apologizes for the error.

**Edited by:** Cat Williams, VP for Public Relations of the Blue Ridge Toastmasters Club, Division A, Area 12

**The Talker needs writers!** If you or someone in your club would be interested in writing an article for the next issue, please contact Cat at the address below.

**Deadline for the Nov. issue is Nov. 1. Submit articles to williams.cat@gmail.com.**

# Conference Preview: Local speakers to motivate public

Saturday afternoon at the Fall Conference will include some local motivational speakers. These sessions will be open to the public.

**Shannon Knapp—Horse Talk:** *How communicating with a horse can teach us to be better communicators with one another.*

What messages do you send without saying a word? Is it a shout or a whisper? How well do you read the world around you and people you come in contact with?

In our technology-driven culture, a grossly overlooked skill is your ability to con-

nect when face-to-face, and to read and respond to the subtle cues of friends, family and everyone you meet.

In this dynamic presentation, learn how your message may be obscured, scrambled or short-circuited, and improve your understanding of the unspoken language of others.

Enhance your intention and focus so you have the right impact and influence on the world around you!

**Ed Brendgar—Say Thanks Every Day:** *Leading with Gratitude in a World of Change*

In an age of dramatic, dis-



*Shannon Knapp with Horse Sense of the Carolinas is one of three local speakers who will be featured Saturday afternoon during the Fall Conference. Her workshop will focus on improving communication skills.*

ruptive, disorienting social change, the quality of our relationships matters more than ever.

Ed Brenegar's presentation explores how the Five Actions of Gratitude provide

leaders the social tools needed to strengthen our organizations and communities. Learn how the practice of Saying Thanks Every Day can

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## D37 CLUB SPOTLIGHT

### New N.C. clubs illuminate areas all across the district



Members of the newly formed High Country Toastmasters Club gather for a photo-op. High Country is an open club located in Boone, N.C.

By BRYAN WALSH

Our spotlight shines bright as we introduce our newest clubs—AREVA Charlotte Toastmasters, CARQUEST Toastmasters and High Country Toastmasters.

These three new clubs share a common bond—they were founded by leaders who were previously members of other clubs and were determined to bring the Toastmasters program to benefit those around them.

AREVA Charlotte Toastmasters is a corporate club located in Charlotte. AREVA provides its customers with solutions for carbon-free power generation and elec-

tricity transmission.

CARQUEST Toastmasters is another corporate club located in Raleigh. CARQUEST is the premier supplier of replacement products, accessories, supplies and equipment for virtually all makes of automobiles.

High Country Toastmasters is an open club located in Boone. High Country Toastmasters meets every Tuesday from 5:30 p.m. to 6:30 p.m at St. Elizabeth's Catholic Church Fellowship Hall (259 Pilgrims Way, Boone, NC).

Visitors are always welcome!

*Bryan Walsh is the District 37 Lt. Gov. for Marketing.*

#### MORRISON, FROM PAGE 2

stare. Not a living soul tried to disgrace me.

Quite the opposite. They recognized my tenderness and lifted me up instead trying to drag me down. They gave reassuring comments instead of ones that were meant to maim and injure me. The further along in my process I went, the more I wanted to be on that stage.

Because of the reassurance

that I was getting from this group of people, I began to seek additional opportunities for developing my public speaking skills.

Once too shy to offer an opinion, I would force myself to speak during meetings. I also would give mini-speeches in church or at my local community centers when volunteers were requested to talk about something of interest to them. I applied to a doctoral program, and con-

Don't forget to register for the  
**District 37  
 Fall Conference**

Register now before space runs out!  
 New this year, you can register online at  
<http://www.toastmasters-nc.org/register>,  
 or you can print a form from the D37 website.

Get involved! Email [jeannie.blethen@gmail.com](mailto:jeannie.blethen@gmail.com).



### Donor's gift provides TMI materials for youth program

By PATRICIA TIERNEY

For 19 years, District 37 members have enjoyed a benefit unique in all of Toastmasters International: a cash bequest that purchases Youth Leadership Program (YLP) materials for you at your request. The gift of Mrs. Mabel Edwards of Winston-Salem, our bequest became effective shortly after her death in early 1990.

Like Speechcraft, YLP is a facilitated presentation of Toastmasters skills to a non-Toastmasters audience, over six to eight meetings; YLP differs in that it focuses on leadership through speaking, and it is presented to youth rather than adults.

You can request a prepackaged YLP kit that includes in-

structional handbooks for a facilitator and five students, 25 evaluation guides, and five graduation certificates. Any of these materials can also be requested a la carte in other quantities. Additionally, TI offers YLP publicity materials and formal invitations for parents (to the graduation meeting).

As a Toastmasters member in North Carolina, you're eligible through the Edwards bequest for YLP materials, free to you if you plan to conduct the program. Use our unique gift to build your own skills through sharing them with youth near you.

*For more information about YLP and to request materials, contact Crystal Garris at [solutions4training@att.net](mailto:solutions4training@att.net).*

tinued my streak of speaking up during class or giving oral reports when such opportunities were provided for extra credit.

My history as a shy woman, my horrible presentation at my job, my introduction to Toastmasters, my development as a speaker, all flashed through my mind as I stood waiting to step onto the stage for the 2008 World Championship for Public Speaking. I couldn't believe

my transformation from shy girl to one of the top speakers in the world. I placed 3rd in this prestigious contest, the culmination of an incredible journey.

*Katherine is a sought-after keynote speaker and trainer on the issues of empowerment for women. Visit her website [themoxywoman.com](http://themoxywoman.com) for more information, and come to the Fall Conference to hear her keynote presentation.*



PREVIEW, FROM PAGE 2

make a difference in your life and work.

Mary Lynn Manns—Leading Fearless Change

The world is changing, and so must you and your organization. Yet, people with great ideas often struggle to make them happen and are not always welcomed with open arms.

So wouldn't it be wonderful if others who have successfully introduced a new idea into an organization could share their stories with

you? Fearless Change is the next best thing.

Mary Lynn Manns presents strategies from interviews with numerous leaders of change in a variety of sizes and types of organizations throughout the world.

You will learn how to influence others, overcome adversity and encourage people to become so involved and interested in your ideas that they really do want to change.

Bring your frustrations! You will uncover solutions to the roadblocks that allow "powerless leaders" to fearlessly lead change in an organization.

# Sweet tradition brings humor, good times to Kannapolis-area TMs

BY BETTY WALKER & CLAUDE WHITEFORD

Frosty freezers of homemade ice cream lined up like beauty contestants at Bakers Creek Park in Kannapolis early on Saturday morning, July 18.

Chatter and laughter from the estimated 70 Toastmasters and guests filled the cool morning air as they watched the judges ooh and ah—the only time ah's are allowed in Toastmasters—their way through the delicious delicacies while making notes on their judging ballots.

Guests arrived at the Annual Tall Tale and Ice Cream Contests hosted by the Goldmine Club in Kannapolis from clubs nearby as well as from Bryson City, Chapel Hill, Winston Salem and Greenville, S.C.

It was quite an impressive crowd, but then it isn't every day that you get to have all of the award winning ice cream you want for breakfast!

Excitement crackled like electricity when the freezers were empty, and the sated audience settled around picnic tables under a shelter surrounded by a canopy of trees to be entertained by the seven tall tale contestants.

The line up began with Michael Kesselring followed by Eric Johnston, Steve Murphy, Alex Porter, Jessica Keys, Bill Mintz and Sonny Tolbert.

We heard tales about aliens, dancing dogs, a lively costume party, hand-me-down clothes, a fairy tale from a far away land, and the

winning speech about how America was really discovered in 1974 by some guys who sailed three hours from Key West, Fla.

Judges of both the ice cream and the tall tales were challenged to choose winners, but they worked diligently marking their ballots. The trophy for Orange-Pineapple Ice Cream was presented to Sam and Shelia Mullis of the Goldmine Club. Eric Johnson of the Gastonia Club took top honors in the Tall Tales Contest.

At the close of the fun-filled event, Jay Nodine was honored for his dedication and service to the organization with the "Jay Nodine Invitational Sportsmanship Award" presented by Barney Barnum, PDG and longtime friend.

### Fall 2009 Contest Schedule

Below is a list of area and division contest locations. All scheduled contests are subject to change, so be sure to check with your area and division leadership.

Div.	Area	Date	Time	Location
A	—	Oct. 17	TBA	TBA
	14	Oct. 3	9 a.m.	Catawba Valley Med. Center
B	—	Oct. 17	9 a.m.	Coldwell Banker Triad Realtors
	25	Oct. 3	10 a.m.	1820 Brookwood, Burlington
C	—	Oct. 8	5:30 p.m.	Charlotte/Meck. Public Library
	32	Oct. 1	6:30 p.m.	Microsoft, Charlotte
	33	Oct. 3	9 a.m.	University City YMCA
	34	Sept. 28	5:30 p.m.	Allstate, 401 McCullough Dr.
	35	Oct. 3	9:30 a.m.	Troutman's Bar-B-Q, Concord
	36	Oct. 3	9:30 a.m.	Mooreville Public Library
D	—	Oct. 8	5:30 p.m.	Charlotte/Meck. Public Library
	41	Oct. 1	6 p.m.	Piedmont Natural Gas
	42	Oct. 1	6 p.m.	Piedmont Natural Gas
	44	Oct. 1	6 p.m.	Duke Energy Center
	45	Sept. 29	6 p.m.	AXA Equitable
E	—	Oct. 21	TBA	Ruvane Auditorium at GSK
	51	Sept. 30	6:30 p.m.	Chapel Hill Public Library
	52	Sept. 30	6 p.m.	Ruvane Auditorium at GSK
	53	Oct. 6	6 p.m.	EMC
	54	Sept. 23	6 p.m.	Ruvane Auditorium at GSK
F	—	Oct. 13	6 p.m.	Nortel, RTP
	61	Sept. 30	6:30 p.m.	Cameron Village Library, Raleigh
	62	Oct. 6	6:30 p.m.	Nortel, RTP
	63	Sept. 30	5:30 p.m.	West Regional Library, Cary
	64	Sept. 22	6 p.m.	Catepillar Inc. Regency Park
G	—	Oct. 10	TBA	TBA
	72	Sept. 30	6 p.m.	HPW Real Estate School
	73	Oct. 1	TBA	TBA
H	—	Oct. 17	9:30 a.m.	Onslow Mem. Hospital
	81	Oct. 3	9:30 a.m.	Chrisa's Restaurant, Wilmington
	83	Oct. 3	9 a.m.	Sheppard Library, Greensboro

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Conference.

Congratulations to the 2008 District 37 Smedley Award Recipients:

- Greensboro Club
- Team Bank of America Club
- Gateway to Speaking Excellence Club
- Bank of America Uptown Club
- High Energy Club
- Carylina Toastmasters Club
- Talkers@Cisco Club
- Speak Up Speak Out Club
- Toastmasters at the Lake Club
- Voices of Change Club
- Postmasters Toastmasters Club
- PPD Wilmington Club

Bryan Walsh is the District 37 Lt. Gov. for Marketing.