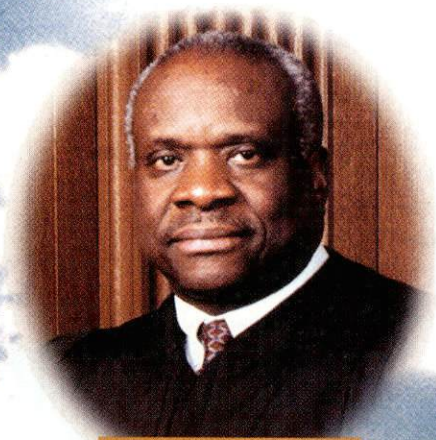


The TOASTMASTER®

DECEMBER 2001

Meet the Five Outstanding Speakers of 2001



Clarence Thomas



Abby Joseph Cohen



Nancy Brinker



Larry King



Dr. Beck Weathers

ALSO INSIDE:

Return of the Toast

•
Don't Be Afraid To Jump In



VIEWPOINT

Now More Than Ever

You need Toastmasters now more than ever. The world's economy was on the brink of a recession prior to September 11, 2001. Since that date, some experts say we have entered a recession. Sales are down, profits are down, automobile manufacturers are offering 0 percent financing to attract customers, and thousands of people have lost jobs – many Toastmasters among them.

At a time like this your first inclination might be to withdraw from Toastmasters. If you have a job, you may feel the need to put in extra hours to keep it. If you've lost your job, you may feel awkward about attending meetings or feel as though you cannot afford to stay active. But don't act on these inclinations because now more than ever, you need to remain active in Toastmasters.

Employers are looking for great communicators. Active participation in your Toastmasters club will keep you sharp and improve your communication skills. The skills you build as a Toastmaster can make you more valuable to a corporation because of your ability to clearly communicate with coworkers, management and customers.

If you are looking for a new job, you likely will be interviewing. During interviews you will have to respond to questions – on the spot. And your club provides an excellent opportunity for you to handle impromptu questions – Table Topics! Staying in practice with Table Topics will give you a tremendous advantage over other candidates interviewing for the position.

As a Toastmasters leader you have developed skills in motivating and influencing volunteers. You have learned to work in a team and run productive meetings. You have learned planning and time management, delegation and follow-up skills. All of these skills are in demand in today's work place.

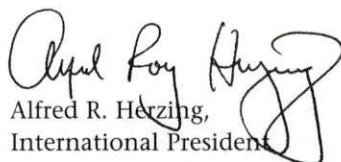
Now more than ever, you need Toastmasters

Your Toastmasters club also is a support network. Your fellow members are your extended family. If you're having difficulties, it's wonderful to know that your club members will be there for you. Active participation in your club will keep you in contact with your Toastmasters family. Attending meetings will help keep your spirits high. I always leave my club meetings feeling recharged and ready to tackle the world.

While destiny may throw you some curves and you may feel some pressure, stay active in your club nevertheless and Take Control of Your Destiny!

As we head into the holidays, Margie, Adam and I wish you and your family:

Happy Holidays and a prosperous New Year.


Alfred R. Herzing,
International President

The TOASTMASTER

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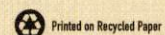
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The Toastmasters Vision:

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.

The Toastmasters 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 clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.



LETTERS

A FINE LINE

The July issue had three articles on speaker introductions, full of valuable information. Even so, there is a fine point that is rarely mentioned. When the audience does not know a speaker, the speaker is introduced. When the audience is familiar with a speaker, he or she is presented.

Vincent Foy, ATM • Bill Gove Club 6818-47 and Talk of the Town Club 5390-47 • West Palm Beach, Florida

FACE YOUR FEARS

On the drive to my first Toastmasters meeting, fear took over. Tears poured down my face as I prepared to be eaten alive by the den of lions I was sure to face. I held my breath and walked into the meeting – only to be warmly welcomed and made to feel at home right away.

After becoming a member, I was asked to give my Icebreaker speech. “Are they crazy?” I thought to myself, “It’s enough that I’m here.” But for some reason, I agreed. By Friday morning I was a wreck, but with tears streaming, heart pounding and face flushed, I arrived and delivered that speech. And I didn’t die! In fact, that small step led me to fight bravely onward and I reached my ATM-B and began competing in speech contests. I won several and eventually progressed to the International Speech Contest’s division finals when disaster struck.

I began my speech beautifully, my words flowed, but within an instant, my brain stopped and my thoughts were gone. I froze and stared at the audience. They knew what happened and I was suddenly so overwhelmed with feelings of support that I decided to keep going. I located my husband and asked for help. And with a few magic words from the typed speech sitting on my chair, my speech resurfaced. I again faced my fear and conquered it. I didn’t win, and it didn’t matter. I handled myself better than I thought possible and won my own contest. What had I been so afraid of?

Joy Bach, ATM-B • Tri Cities Club 274-9 • Kennewick, Washington

MAKING PEOPLE LAUGH

I’ve been a Toastmaster for five years and I am beginning to realize how good my membership has been for me. So when my club’s president suggested I enter a humorous speech contest, I gave it a try. I’ve never considered myself funny and I’m usually the last person to try and tell a joke, but I surprised myself by actually making people laugh.

The experience came in handy during a long bus tour of Thailand. The guide invited our tour group to take the microphone and entertain the passengers. My wife and I

sang and then I told a joke from my humorous speech – and I made them laugh! This was something I was totally unaccustomed to, something I attribute to the uniqueness of Toastmasters. Among them I experience friendship. With them I gain power. Through them I achieve success.

Emerson W. Chan, CTM • Abbott Club 2679-30 • North Chicago, Illinois

PROVEN PRINCIPLES AND PRACTICE

In *Personally Speaking*, Dr. Smedley says: “Toastmasters is a ‘do-it-yourself’ activity. We don’t have an instruction manual for everything you do or say in your club. Nor should we have such manuals.”

Toastmasters educational manuals are meant to be guidelines, providing principles and practices that have proven successful many times over. They are a great place to start your education in communication and leadership.

Our “basic” and advanced manuals bring together the proven principles and practices that have helped many members to succeed. I supplement the manuals with guidance from other experts. However, my success at each level in Toastmasters has always started with a manual. I stand behind the advice “Use them if you want to succeed.”

Arnie Grot, DTM • Greater Hartford Club 919-53 • Glastonbury, Connecticut

A TRUE STORYTELLER

The picture accompanying the storytelling article (July) is of none other than master actor and storyteller Tom Byrne, who has been telling Robert Service’s tales of the Yukon Gold Rush for more than 20 years. I saw him in 1979 and again in 1999. I love telling the stories, “The Shooting of Dan McGrew,” “The Cremation of Sam McGee,” and “Bessie’s Boil,” but Tom Byrne’s the best.

Abigail Nichols, CL • Park Center Club 8095-27 • Washington, D.C.

MEETINGS CAN HELP MOODS

In the August “Topical Tips,” a woman was advised by her past president not to attend her club meeting if she was feeling less than enthusiastic because her mood would affect the whole group.

I think that is terrible advice! In my 15 years in Toastmasters, there have been times when I wasn’t in a good mood before the meeting, but by the time I left, I was quite enthusiastic. I think it’s better to attend and keep one’s bad mood to one’s self. Besides, if everyone stayed home just because they didn’t feel “enthusiastic” enough, attendance would suffer.

Paula Syptak Price, ATM • Talk of the Tower Club 4601-55 • San Antonio, Texas

By Lois Ward Royal, ATM-G



Can a Club Be Too Successful?

MEMBERS AT ACHIEVERS CLUB #1625 WERE BEGINNING TO think something was wrong with their club – despite its obvious success. It is a strong club, with an active membership that includes a storyteller and two professional speakers, one of whom has attained the rank of Accredited Speaker,

as well as many long-time members. A warm, friendly, enthusiastic group, it is easy for attract new members.

Meetings are fun, educational, and spiced with much laughter. New members keep coming because they have a good time, they learn from the evaluations, and they enjoy the interesting speeches. So what could be wrong with such success?

Those new members were intimidated by the skills of the CTMs working on their ATMs and the ATMs working on their DTMs. They were afraid to speak before such an experienced audience and did not dare to volunteer for other tasks. Because the club was committed to allowing members to proceed at their own pace, only the gentlest of invitations to serve were extended. After all, changing that policy might frighten off the more timid members. So how could we involve these new members and help them gain Toastmasters skills beyond those gained by observation?

Our club already followed all the recommendations for success. The Sergeant-at-Arms always had the room open, all the furniture in place, the banner visible. On arrival, everyone was greeted and cordially welcomed. Nametags were used. Simple refreshments offered at the close of the meeting encouraged those wishing to visit or talk with mentors and evaluators.

Our club's evaluators use the Toastmasters' "sandwich technique" whereby development points are softly couched between words of praise. They emphasize the good points made by new speakers, and with great tact suggest an area that could be improved, always encouraging the speaker in a positive way. They also explain that the critique of an advanced speaker may seem harsh to those who do not know the skill of the speaker, but that this is exactly with the experienced speaker is looking for in order to improve the presentation.

Every part of each meeting is "by the book," including beginning and ending on time. What else could the club do to entice those new members to give that all-important Ice Breaker speech?

Vice President Education Mary Brady solved the problem. She suggested to the Executive Board that the club have a "First Timers" meeting. Every role would be taken by someone who had never before served in that capacity. The Board endorsed her plan.

The members were advised well in advance of the date of the First Timers meeting and encouraged to sign up. The names, telephone numbers and e-mail addresses of members who had offered to serve as mentors were distributed with the suggestion that it would be helpful to take advantage of the offer.

And it worked! Three reluctant members eagerly signed up for their Ice Breaker speech. Three others who had never before dared to give an evaluation signed up to do so. Volunteers for Toastmaster and General Evaluator were members who had given several speeches but had hesitated to take on those responsibilities. Other new members volunteered quickly, lest the easiest tasks be taken.

The first-timer who volunteered to be Table Topics-master particularly enjoyed the role, calling to the lectern the more senior members. Her peers were relieved of the stress of wondering if they would be called on since those performing the various roles in the meeting are usually excused from Table Topics.

The ice was broken! New members discovered they had extended their comfort zone and became more actively involved in the club. Senior members thoroughly enjoyed an easy meeting without responsibilities. Everyone agreed it was an evening worth repeating. Achievers Club #1625 marked up one more success.

Can a Toastmasters club be too successful? No! With success come different problems to solve. Success can be defined by the ability to solve new problems. And that is what leadership is all about. **1**

Lois Ward Royal, ATM-G, is a member of Achievers Club 1625-31 in Attleboro Falls, Massachusetts.



The perils of becoming hooked on Toastmasters.

Dinner Table Topics

If my wife gets her way, this will be the last thing I ever write for Toastmasters. No more speeches. No more “thoughts for the day.” I’ve done enough for Toastmasters – or so she says – and it’s time to move on.

My trouble started in January 2000, when I joined the local Speech Masters club in Rancho Santa Margarita, California. I was a shy guy, afraid to speak – but determined to change. Every Tuesday I’d come in early and sit near the back of the room. I never said much...not voluntarily, anyway. But over time, somehow, they broke me down. They made me feel so comfortable that before I even realized what was happening, I’d begun to paraphrase our mission statement – to develop communication and leadership skills, which foster self-confidence and personal growth.

Once that happened, *everything* changed. I started *craving* time up front. I *volunteered* for speaking roles. I was hooked. There was no turning back.

Suddenly the Tuesday club’s weekly meetings weren’t enough for me. I needed more. It was like an addiction, a need that drove me to strange and faraway places, like Cucamonga. They had a group that met on Wednesdays. I told them my name was Bob and that I was new to the area. They believed me.

On Thursdays, I drove up to the Encino club and became “Steve” for an hour. On Fridays, Pasadena. They called me Arnold.

Four days of the week I’d sneak out of the house at sunrise with a cup of coffee, my Toastmasters manual, and a burning desire to say something – anything – in front of a group. I was so hooked I’d take walks, at night, by myself, down to the corner stoplight, where I’d stand and talk out loud, waiting for the light to turn yellow, and then red.

I was good, too – I never talked too long.

Back at home, however, my speaking addiction was affecting my family. In what I thought was a moment of clarity, I’d imposed the Toastmasters meeting format on our dinner table gatherings. I was always the Toastmaster, of course, and general evaluator – it was a dictatorship. Maybe that was the problem.

Halfway through our meals I’d pull out a cardboard lectern from under the table, put it over my plate, and start a meeting. No one else in the family had ever been to a Toastmasters meeting, so I had a lot of leeway with the agenda. Instead of scheduled speakers, I’d start with Table Topics. This gave me a chance to call on one of my family members and ask them to stand up and say a few words.

My wife and 10-year-old daughter were pretty cooperative, at first, but my 6-year-old son resisted.

“That’s okay,” I’d tell him, “Don’t worry, I know just how you feel.” Then I’d clap and thank him, just for showing up.

Night after night I’d give my son opportunities to express himself, because I knew, eventually, he’d come around – as I had.

“Son?” I’d say, “Maybe you’d like to stand up tonight and tell us what you think about the idea of donating a portion of your allowance to our overhead projector fund.

That night was a breakthrough, because our whole family learned that our quiet little 6-year-old had a remarkable vocal variety and an extensive adult vocabulary. If I’d simply been in my role as father, I would have been mad. But I was *Toastmaster*, the genial host.

I smiled, thanked him for his remarks, wrote a little note on my napkin that said, “You’re grounded,” and passed it down.



“Halfway through our meals I’d pull out a cardboard lectern from under the table, put it over my plate, and start a meeting.”

She sounded just like her mother! These good times didn’t last, primarily because our enthusiasm got out of control. My wife started demanding to be the Toastmaster, at least during lunches. My kids wanted to be paid for speaking, and we *all* fought over the “Best Table Topic” award. Our group was falling apart.

The only solution, or at least the only solution my wife would agree to, was for us to go back to the way things used to be, life before Toastmasters. This was a frightening prospect, for me in particular, but in the name of family harmony I knew I’d have to go along with it. For a while, that is.

So for now, I’ve stopped driving to all the meetings, and I’ve put the family lectern in the garage. I still take a lot of walks, though, at night,

by myself, and I still think a lot about all the wonderful and mysterious ways in which Toastmasters has changed my life.

Every now and then, when I know my wife won’t catch me, I’ll stop and linger down by the stoplight. If you happen to see me there, hanging around, talking, would you do me a favor? Give a little honk if you hear me say “ah.” I still need constructive criticism! **1**

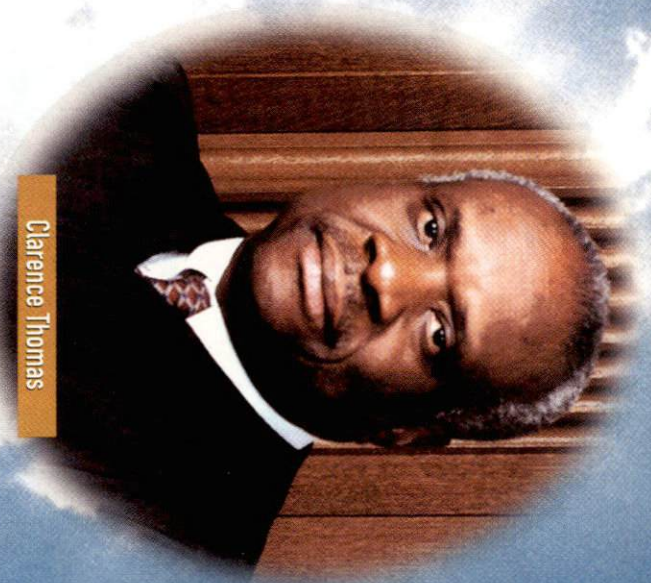
Jeff Wallace is a member of Rancho Speech Masters Club 9113-F in Rancho Santa Margarita, California.

My daughter didn’t need any prodding. She really seemed to enjoy our dinner Table Topics. One night she even asked to be the Toastmaster. I was so proud! My wife and I clapped as she folded her napkin and walked up to the head of the table.

“Thank you, fellow family members, honored cat,” she began. “Tonight I’d like to start with *you*, Dad.”

I had tears in my eyes.

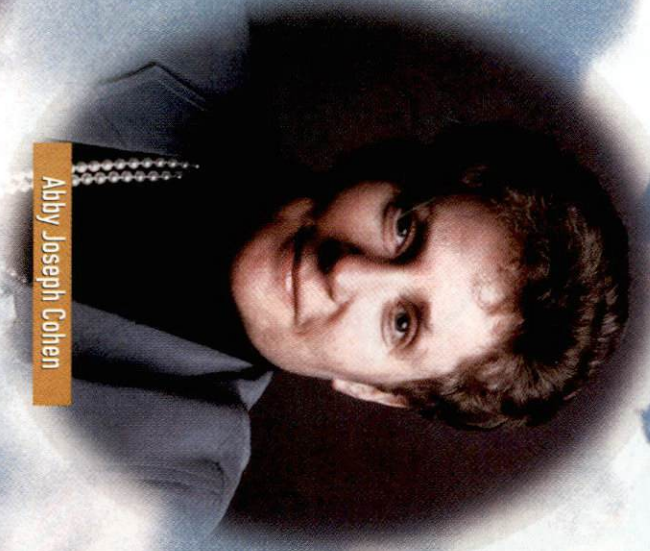
“Would you please stand up and explain to the entire family – without mentioning your own childhood – just exactly how a girl is supposed to survive on two dollars a week allowance?”



Clarence Thomas



Nancy Brinker



Abby Joseph Cohen



Larry King



Dr. Beck Weathers

Meet the Five Outstanding Speakers of 2001

**Toastmasters International honors
a select group of expert communicators:
When they speak, we all listen!**

BY CINDY CHAMBERS AND SUZANNE FREY

In keeping with an annual tradition, Toastmasters International earlier this year asked members to name their favorite speakers and leaders for the 2001 Top Five Speakers Award. Now the votes are in, the ballots are tallied and Toastmasters International is pleased to honor the following five outstanding communicators for their achievements and contributions in their respective fields of work:

- ★ **COMMERCE AND INDUSTRY:** **Abby Joseph Cohen**, chief strategist for Goldman, Sachs & Co. One of Wall Street's most influential financial analysts and an outspoken advocate for the strength of the American economy.
- ★ **GOVERNMENT:** **U.S. Supreme Court Justice Clarence Thomas**. Born in poverty and raised by his grandparents, he became the youngest person and second African-American to be appointed to the Supreme Court.
- ★ **INSPIRATIONAL/MOTIVATIONAL:** **Dr. Beck Weathers**, a Texas pathologist who nearly died on Mt. Everest in 1996. His story about the ordeal and what it taught him has made him one of the most sought-after inspirational speakers in the United States.
- ★ **EDUCATIONAL AND SOCIAL:** **Nancy Brinker**, founder of the Susan G. Komen Breast Cancer Foundation and current U.S. ambassador to Hungary. After losing her sister to breast cancer in 1980 and fighting her

own battle with the illness two years later, she has embarked on a personal and widely recognized mission to find a cure for breast cancer.

- ★ **MASS MEDIA:** **Larry King**, host of CNN's *Larry King Live*, one of cable TV's highest-rated talk shows.

What can Toastmasters learn from these popular personalities? Let's take a closer look at the lives and speaking styles of each of the Five Outstanding Speakers of 2001.



Abby Joseph Cohen
The prophet of Wall Street

When the world turned topsy-turvy on September 11, 2001, Abby Joseph Cohen stood near the epicenter of the destruction. From her office on the 47th floor of Goldman-Sachs & Co., a Wall Street investment firm in New York, just a few blocks from the World Trade Center, she could see the rubble and smell the acrid smoke. As the attacks ripped through the nation – and ultimately rumbled through the stock market – few could have felt the hit more than Cohen.

Dubbed "The Prophet of Wall Street," Cohen is considered one of the world's foremost stock-market analysts. An outspoken defendant of the American economy's ability

to rebound, her predictions have carried so much weight that the market has risen and fallen sharply based on her suggestions to buy or sell. But no past prediction was more accurate than the one she made in October 1998, when *Money* magazine asked her to list the factors she felt most strongly affected the stock market. After naming Asia, inflation and profits, she added, "But what do I really worry about? Something that comes out of the blue."

While stock-market prognostication is – as her comment proves – an inexact science, it is a science that Cohen has taken a lifetime to understand and interpret. "It's not like I have a crystal ball sending out signals," she told *Business Week*. Instead, Cohen has established a reputation as a hardworking professional who is more interested in getting things right than in getting attention.

Looking more like a matron than a stock-market maven, the 49-year-old with the close-cropped graying hair and sensible shoes was ranked No. 9 among America's most powerful women this year. As Goldman-Sachs' chief U.S. portfolio strategist for the past dozen years, her ability to explain complex economic analysis in terms most people can understand has made her a hero to small investors. She has been straightforward about letting investors know what she thinks about the markets – and she is usually right. Thousands have made millions from her prescient predictions.

Cohen's longtime client Linda B. Strumpf, chief investment officer for the Ford Foundation, says "Abby doesn't change her mind just for the sake of changing her mind, which a lot of people do on Wall Street. I have an enormous amount of admiration for her ability to stick to her guns."

Cohen grew up in New York and attended Cornell University, one of few Ivy League schools admitting women at the time. There she majored in computer science and economics and met her future husband, David. M. Cohen.

After earning her master's degree, Cohen's budding interest in the financial markets kept her from further studies, and she joined a mutual-funds company in Baltimore.

In 1982, she gave birth to the first of two daughters. After briefly considering becoming a stay-at-home mom, she instead answered what she terms the "siren call" of Wall Street, joining Drexel Burnham Lambert, Inc., as a portfolio analyst. "I loved the strategy role right away," she admits. "Everybody in this business has a view on the markets. Now I got to spend my entire day working on mine."

She moved on to Goldman, Sachs & Co. in 1990. The firm, which counts some of the world's biggest corporations and governments among its clients, began counting on Cohen to provide investment advice to all of Goldman Sachs' clients.

At her best when the market has been at its worst, Cohen's firm belief in the durability of the bull market led her to correctly predict years of economic growth back in the early '90s – and caught the attention of the market and the media alike. Experienced financiers clamored to hear Cohen's market predictions on television stations like PBS and CNN, to read interviews of her in financial magazines, and to hear her speak. "It's standing-room only when she comes to talk," one employee of Dean Witter InterCapital said recently. "She's our biggest draw."

Cohen, who believes that exhaustive research is the key to her success on Wall Street, uses the same strategy when giving speeches. "The research and analysis that underlie my speeches are my own," she says. "This allows me to speak without a prepared text, and I can watch the audience for body language that helps me pace and adjust the presentation." The practice she gets from delivering some 150 speeches a year is backed by the practical advice of her mother, who told her years ago to "speak clearly, distinctly and without obfuscation. Don't hide behind technical jargon." In fact, the down-to-earth, perky Cohen frequently spices her professional conversations with words like "funky," "crummy" and "stuff," and is famous for illustrating the rolling wave of profit-growth by stretching an image of the letter S in Silly Putty.

She resents the media's insistence on boiling her thoughts down to sound bites. "I'm careful to make sure our clients get more than a sound bite," she told the *Wall Street Journal* in 1997. And in the wake of the Sept. 11 attacks, she is more careful than ever to give clients the right analysis for the right reasons.

When the already-struggling market reopened four days after the Sept. 11 tragedy, stocks fell even more sharply. While the declines were steeper than many had hoped for, they weren't the end-of-the-world plunges that some had feared. And when Abby Joseph Cohen appeared on CBS's *Face the Nation* just a week later, she was already characteristically optimistic about the country's economic future:

"Keep in mind that the people on Wall Street went to work last week. We walked past the ash, we walked past the smoldering ruins, but our banking system worked extraordinarily well. The financial markets operated smoothly," she said. "Those amber waves of grain are still growing, and consumers and businesses outside New York are resuming more normal operations. And that really is the story."

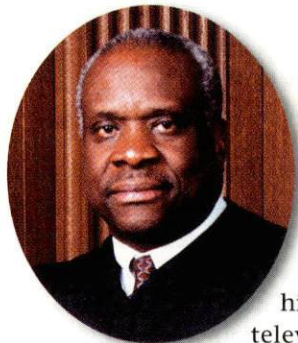
But as the market rises and falls along with the nation's collective mood, so too, does Cohen's reputation. With

"The research and analysis that underlie my speeches are my own. This allows me to speak without a prepared text, and I can watch the audience for body language that helps me pace and adjust the presentation."

– ABBY JOSEPH COHEN

the American public's famous fickleness for embracing the "guru of the day," Cohen's own future is anything but predictable. With her popularity as a lecturer come standing invitations for positions at top business schools, but Cohen isn't ready to leave Wall Street for academia just yet. "I'm having too much fun," she says.

Despite the uncertainty of the business, Cohen remains firmly in place, weighing the numbers, watching the indicators, cautiously optimistic – and constantly watched. Now, more than ever, there is a market that needs uplifting and a country that needs reassurance. Cohen may be just the one to do it.



Clarence Thomas
The man behind the robe

When Supreme Court Associate Justice Clarence Thomas addressed a group of East Coast high school students during a forum televised on C-SPAN last December, the teenagers gained precious insight into the enigmatic man who has been both vilified and lionized by the American public. The second African-American ever elected to the Supreme Court, Thomas clearly reveled in his role-model status, while captivating the group with his warmth and wit.

"Before I do these events," he said, "I look at my high-school yearbook. It reminds me that I was once your age." That simple act helps him not only to connect to his teenage audience, but to reaffirm the roots that shaped and guide his life today.

"When I was in high school," he told his audience, "I was the kind of student who did well – and sometimes extremely well." At age 53, Thomas is the youngest member of the Supreme Court and what he does extremely well today is to carry forth the deeply ingrained moral code about the value of hard work, education and self-reliance instilled in him in his youth.

Born in Pin Point, Georgia, Thomas and his siblings spent their early years in abject poverty. Thomas' mother worked as a maid and collected from church charities to support her children. When the family's ramshackle wooden house burned to the ground, his mother decided to remarry. At age 7, Thomas and his 6-year-old brother were sent to live with their maternal grandparents in Savannah, Georgia. The move changed Thomas' life forever.

For the first time, Thomas had shoes on his feet, indoor plumbing and regular, hot meals. And while he lost much of the freedom he had enjoyed in Pin Point, he gained his grandfather's unwavering guidance and unflagging work ethic.

"I come from a simple background, simple people, with amazing courage and strength," Thomas says today. "My grandfather was a strong, honest, honorable man. He had every reason to be angry. But he wasn't. He said, 'You've got to stand up for what you believe in.'"

Both Thomas and his brother were expected to get up early and help with chores on the family farm. But the rigid discipline was tempered by his grandparents' love. Calling his grandmother a "saint," Thomas remembers his grandfather today not just for his strict code of behavior, but for his fairness. "He didn't say, 'Do as I say, not what I do.' He lived exactly what he preached."

Already possessing abundant self-discipline, the young Thomas applied himself to learning with a passion. During his spare time, he escaped to the blacks-only Carnegie Library just around the corner from his house, spending long hours devouring every book he could get his hands on. His grandfather encouraged him, telling both Thomas boys he wanted them to get "suit-and-tie jobs" someday. Despite the cost of a private-school education, he enrolled them in St. Benedict's, one of three private Catholic elementary schools for black children in Savannah, Georgia.

The nuns were strict but encouraging, and Thomas has been moved to tears recalling the kindness of the white, mostly Irish teachers. He later enrolled at an academically challenging boarding school for boys considering the priesthood. More than half the students who started that year failed to finish. Soon Thomas was the school's only black student.

It was at the seminary that Thomas first encountered bigotry. An outstanding athlete, he was nevertheless often chosen last for after-school sports, and he was frequently the subject of racial slurs.

His unusual speech patterns made him an even easier target. Nearly unintelligible to a speaker of standard English, Thomas spoke Geechee, a dialect common to the barrier islands of Georgia and South Carolina. When the school's director, the Rev. William Coleman, sat with Thomas to review his first-year grades, he told Thomas that if he was going to succeed in the world, he would have to learn standard English.

So Coleman began tutoring Thomas at night, encouraging him to read aloud for hours. Conscious of his dialect for the first time, Thomas took great pains to translate his thoughts and speech from Geechee to standard English. As a result he says, "I developed the habit of listening. It just got to be I didn't ask questions in college or law school. And I found that I could learn better just listening." That habit has followed him all the way to the Supreme Court.

Thomas eventually abandoned his quest for priesthood, later admitting that a classmate's racist comment had shaken his faith in Catholicism.

Instead, Thomas enrolled at Holy Cross College in Worcester, Massachusetts, where he helped found the Black Student Union. Graduating in 1971 with a degree in English, he married Kathy Grace Ambush immediately afterward. Their only child, Jamal, was born the following year.

Thomas entered Yale Law School in 1972, the beneficiary of an affirmative action plan designed to increase the school's black population. The fact that he was chosen primarily to boost African-American enrollment rankled him because "you had to prove yourself every day...the presumption was that you were dumb and didn't deserve to be there on merit." He has ever since opposed affirmative action programs and preferential treatment of minorities, insisting on a "colorblind" interpretation of the U.S. Constitution. For this he has been sharply criticized by civil rights leaders.

Thomas swiftly rose through the legal profession and in 1980 went to work for U.S. Senator John Danforth, for whom he served as legislative assistant on energy and environmental projects. He also became active in the black conservative movement, which emphasized self-help for African-Americans through "education, enterprise, work and self-reliance" – words his own grandfather could have penned.

In 1981, President Reagan's administration took notice of Thomas, appointing him assistant secretary for civil rights in the Education Department. Within 10 months, President Reagan promoted Thomas to director of the Equal Employment Opportunity Commission (EEOC). There Thomas took special interest in cases involving actual discrimination, rather than class-action lawsuits, convinced that "the issue of race is the one major albatross around the neck of our country."

Thomas was appointed in 1990 to serve as judge on the U.S. Court of Appeals for the District of Columbia, where he served for 18 months. But with the retirement of black Supreme Court Justice Thurgood Marshall, Thomas was suddenly thrust into the limelight as a likely replacement. His nomination for the position on July 1, 1991, was not welcomed by black civil rights leaders, but conservatives lined up behind him. Still, Thomas' refusal to reveal his views on abortion and other controversial legal issues – claiming that to do so would compromise his impartiality – didn't help his popularity.

But it was Thomas' alleged sexual harassment of former EEOC employee and Yale Law School graduate Anita Hill that posed his biggest hurdle. He categorically

denied the allegations, and is still traumatized by what he calls the "high-tech lynching" he endured during three days of nationally televised hearings. In the end, Thomas' nomination to the Supreme Court was confirmed in a 52-48 vote – the closest confirmation in this century.

On the court, Thomas is regarded by many analysts as the most conservative justice, known for his strict interpretation of the Constitution and its original intent. He is the "quiet justice" who sits for hours during oral arguments, rarely asking questions. Yet he gives many speeches – often to underprivileged youth – and Thomas has authored dozens of provocative opinions and dissent during his decade on the bench, building, brick by brick, a judicial legacy that could affect the U.S. legal system for decades to come.

The work habits he learned from his grandfather continue to guide his life. He comes to work as early as 6 a.m., and spends hours studying briefs – often getting up to review them in the middle of the night. His opinions are written in simple English so that, he says, "they can be understood by both lawyers and gas station attendants."

Of the more than 1,000 cases he has voted on, decisions dealing with affirmative action, voting rights and school desegregation have earned the most attention. While his presence on the Supreme Court has mobilized black conservatives around the country, his race and political views have also made him a lightning rod for criticism. "Judges do not cease to be human beings when they go on the bench," Thomas said in a speech last February. "In important cases, it is my humble opinion that finding the right answer is often the least difficult problem. Having the courage to assert that answer and stand firm in the face of the constant winds of protest and criticism is often much more difficult."

But of his colleagues on the bench of the highest court in the land, Thomas has only praise.

"In my nine-plus years of considering the most difficult issues," he told the group of high schoolers, "I have yet to hear an unkind word. Respect – that's the hallmark of this institution. If we don't have respect in a society in which we disagree, we have anarchy. And if we have anarchy, we don't have a society."

"We have a common oath to interpret this Constitution and the laws of this country in an impartial way," he told the teens. "This is a humbling job. When you get older, the answers disappear and you have more questions. I want to be remembered for serving, not with arrogance, but with humility. It's humbling to have to solve hard problems."

Guiding Thomas' decisions are the words of his grandfather, a common man whose bust now graces his grandson's office in America's highest court. "He told us, 'Do well and honestly what's set before you,'" Thomas told his young audience. "When you believe in some-

"I want to be remembered for serving, not with arrogance, but with humility. It's humbling to have to solve hard problems."

– CLARENCE THOMAS

thing, it takes a little bit of courage to stand up for it. If you can learn from this example," he said, "I will have done my job."



Beck Weathers
A triumph of the human spirit

This 55-year-old Texas physician is a hit on the speaking circuit in corporate America – not because he has conducted medical research to help you live longer, or because he's discovered a get-rich-quick scheme, or even because he's written a lot of books. No, it's because he has a story to tell.

It's a gripping story, about how he was left for dead in 1996 on Mount Everest, the world's highest mountain. But that's not the point of the story – in fact, the details of his and his fellow climbers' ordeal have been well-documented elsewhere, most prominently in Jon Krakauer's best-selling book, *Into Thin Air*, and the IMAX movie *Everest*. The point of the story – and what makes it so appealing to business types who climb nary a staircase – is what he learned from it: That happiness and life's meaning were to be found "in my own backyard" and not in professional success, social status or even in the number of high peaks he'd summited.

What he most wants to share with his audiences is not an adrenaline-inducing tale of high adventure, bravery and heroism – although he does that too – but a message that "The people in your lives are what matter first, last and always. At the end of your life, when you strip off the summits and mountains and jobs and successes, what you have left is people," he says. "You want the people who are important to you to still be there. You want to have some shred of your character and integrity."

This concept isn't new, of course, but as Weathers points out, "I was never comfortable enough in my own skin to think that that was enough. So I was trying to find myself externally as a mountain climber or whatever... I think you always sort of know what you ought to be doing, you know what your priorities ought to be." The problem, he points out, is acting on those priorities.

While almost everyone involved in the tragedy that killed eight people on May 10, 1996, wrote a book about their experiences soon afterward, it took Weathers, one of the key players in the drama, four years to produce one (*Left for Dead: My Journey Home from Everest*; Villard Books, 2000). Weathers says he waited because he didn't know how his story would turn out – whether or

not it would have a happy ending. "If a story is worth telling, it's going to be worth telling four years or 10 years after the fact."

In March 1996, Weathers left for the three-month expedition to Mt. Everest focused on reaching the coveted 29,028-foot summit. He'd already conquered five of the "Seven Summits" – the highest peaks on the seven continents. He had "only" the two most challenging ones left: Mt. McKinley in Alaska and Mt. Everest in Nepal. Fully realizing the dangers of venturing into Everest's oxygen-deprived "Death Zone," Weathers had left his wife, son and daughter at home in Dallas. His rigorous workout schedule, long work hours and month-long absences during climbing expeditions had left little time for personal relationships, however, and by the time Weathers left for Everest, his wife, Peach, was contemplating divorce and his kids were used to having an absentee father.

Three months later, after much arduous climbing and acclimatizing, Weathers was finally near the summit of Everest when he became almost blind from the effects of altitude on his surgically corrected eyesight. His guide, Rob Hall, made him promise to go no farther and wait for him until he returned that day from the summit. Hall never came back, dying near the summit trying to save a client, and for 12 hours Weathers sat waiting for him at 27,600 feet, gradually getting colder and more apathetic.

He was roused by some descending climbers, but as they struggled down the mountain, the group got caught in a blizzard. A quarter-mile from camp they became lost in a total whiteout, in 70-mile-an-hour winds and temperatures far below zero. Like many of the climbers who died that night, Weathers didn't make it back to camp. He was exhausted, had not eaten in three days or had anything to drink in two days. He sat down and lost consciousness.

Twelve hours later, after potential rescuers had left him for dead and his wife had been notified of the "positive body identification," a miracle occurred: "I opened my eyes," Weathers says in his speech. "In my confused state, I at first believed that I was warm and comfortable in my bed at home, with Texas sunlight streaming in through the window. But as my head cleared I saw my gloveless hand directly in front of my face, a gray and lifeless thing. I smashed it into the ice. It bounced, making a sound like a block of wood. This had the marvelous effect of focusing my attention: I'm not in my own bed. I'm somewhere on the mountain – and I'm alone."

As he was lying there, he says, he had an epiphany so powerful it both saved his life and changed it: "Suddenly, my family appeared in my mind's eye – Peach, Bub and Meg. This was not a group portrait or some remembered photo. My subconscious summoned them into vivid focus, as if they might at any moment speak to me... Dying would have been easy. But the thought of giving up never entered my mind."

He got up, determined to reach camp. Somehow he found it. After a night in a tent at high camp and some medical attention, he still was left for dead the following morning – except by one climber who in the last minute checked on Weathers and found him ready to descend but extremely weak. With the help of fellow climbers and a rescue team comprised of the IMAX Everest filmmakers, he made it down another 5,000 feet. Still nearly blind and without the use of his frozen hands, Weathers wouldn't be able to get himself down the entire route of the mountain, which included crossing shaky ladders across countless crevasses. For other climbers to carry him was out of the question. Then another miracle occurred: His wife in Texas had heard of his recovery and arranged for an unprecedented helicopter rescue attempt – 42-year Lt. Col. Madan K.C. of the Royal Nepalese Air Force was going to risk his life by flying a helicopter to 20,000 feet into extremely thin air and try to pluck Weathers from the ice.

It worked, and Weathers called his wife from his hospital bed in Nepal. And from there Weathers says, the real struggle began. He'd lost both hands and his nose to frostbite. His right hand was amputated and replaced with a beige extension he uses as a clamp. His left hand and nose were somewhat rebuilt with body tissue and cartilage during more than a year of surgeries. "Getting crippled is just a nuisance," Weathers says. "The mental aspect is much tougher." Returning home, he worried whether he'd ever return to work again and whether his family would remain intact. "You don't know whether your friends will be your friends, or whether your view of yourself as a person is going to change dramatically. You have to take a pretty hard look at reality."

"One of the good things to come out of the 1996 Everest tragedy was that I inherited a great story. I truly enjoy sharing those moments with others."

– BECK WEATHERS

He did, and tackled the years of recovery without self-pity, eager to make amends with his family. He eventually returned to work, and after waiting during his recovery to determine if her husband really would emerge a changed man, Weathers' wife, Peach, says she and the kids eventually "forgave him all the pain he caused our family." That's when Weathers knew how his story would end. At his wife's urging, he started working on his book and giving speeches around the country. His agent, Keppler and Associates, says Weathers is "by far the most in-demand inspirational speaker on the market today."

Amazingly, Weathers says, "With the passage of time, I've come to realize that, if I knew exactly what was going to happen to me on that mountain, every horrific moment and the aftermath of trying to claw myself back

out of that hole once I was back, I'd do it again in a heartbeat. Because I gained so much more than I lost."

Ordinary people can accomplish extraordinary things, Weathers tells his audiences. "You can undergo very difficult times and you can come out of them better than when you went in."



Nancy Brinker *Keeping a promise*

The experience of helplessly watching her older sister die of breast cancer at age 36 changed Nancy Brinker's life. She promised her sister that she would devote her life to bringing hope and better treatment for others battling cancer.

Two years later, in 1982, armed with \$200 and a shoebox full of friends' names, Brinker launched the Susan G. Komen Foundation, named for her sister and dedicated to a single mission: to eradicate breast cancer as a life-threatening disease. "I was shocked to discover that 330,000 women died of breast cancer between 1970 and 1980 – compared to the 59,000 Americans who died in the Vietnam War," she recalls.

Today, breast cancer no longer equals death, much thanks to Brinker's efforts to educate the public and raise money for treatment programs and research. Prevention and early detection are keys to survival, but it still is the leading killer of women ages 35 to 54. Komen Foundation is America's largest private funder of breast cancer research, having raised more than \$400 million toward research, education, screening and treatment programs. The Dallas-based foundation has a full-time staff of 30 and more than 75,000 volunteers, who aid breast cancer patients through a 1-800-I'M AWARE telephone help line and work with Komen's chief fund-raising tool, Race for the Cure, an annual 5K fitness race/walk event Brinker created in 1983.

Brinker – who has never taken a salary for her Komen Foundation work – has accomplished this in large part thanks to her communication and leadership skills, and sheer determination to keep her promise to her sister. This year, more than a million people in 112 U.S. cities participated in the Komen Race for the Cure. "You feel such a solidarity with everyone, a real bond," one participant said. "We're not just running a race, we're trying to find a cure." Host cities retain 75 percent of proceeds raised by sponsors and fees to fund local breast cancer education, screening and research, while 25 percent of proceeds go to international research and medical grants.

Ironically, soon after Brinker started the Komen Foundation, her battle against cancer became even more

personal. In 1984, at age 37, she found out she had breast cancer. At the time, the diagnosis was "even more of a perception of a death sentence than it is today," she says. But by then she had learned from her sister's experience and was able to take advantage of advanced treatment options. What she learned from her illness, she says, is that "no matter how well-educated you are about cancer, you can still get it...I had my funeral all planned. I thought I was going to die. I was really angry.

"I don't think you are ever 'over it' as a cancer patient," she continues. You become obsessed with living your life in fast-forward; everything double time. I've always had a high energy level. But my sister's illness and then my own changed my life completely."

In a televised interview on the show *HealthWeek*, Brinker was seated next to another cancer survivor, 40-year-old Jocelyn Dodd, who said she feels she owes her life to Brinker. "I'm sitting here today able to talk to you because of her," Dodd told viewers, explaining that proceeds from the Race for the Cure paid for her treatment after her health insurance lapsed. "It really touches my heart to know that people do care about other people."

An active and popular public speaker, Brinker is as comfortable addressing high-powered politicians and television audiences as she is cancer patients and students. She amused an audience of women at a 1997 conference in Dallas by describing her appearance at the 1996 Republican National Convention: Brinker had prepared a five-minute speech, but in the last minute was told to cut her speech to one minute. Upset, she heard a woman whispering her name offstage. The woman told her "Take your time. I'm a Komen volunteer in Kentucky, and I'm also the speech timer." So instead of shortening her message, Brinker delivered a passionate seven-minute speech in which she promoted her cause to a worldwide audience.

Thanks largely to Brinker's indomitable spirit, the once-taboo subject of breast cancer is now universally promoted by the pink ribbon symbol adorning everything from U.S. postage stamps and magazines to lingerie, jeans and jewelry. "When I first approached corporate CEOs - both men and women - they all blushed at the word 'breast,'" Brinker told a reporter. "People's attitudes were, 'Fund it, don't talk about it.'"

To create a name for the Komen Foundation, she had the idea of placing labels advocating mammograms and cancer screenings on lingerie and cosmetics products. "I was literally thrown out of more offices than you can imagine," she admits. "Executives told me breast cancer was considered negative marketing; they didn't want to put a disease on their packaging." Never taking no for an answer, however, she eventually convinced one intimate apparel company to place hang tags on its bras in 1994, displaying a hotline number and breast self-exam instructions on garments as if they were designer labels.

Since then, companies as varied as Ford Motor Co., New Balance athletic shoes, American Airlines, Yoplait Inc. and J.C. Penney regularly line up to support the Komen Foundation and sponsor its cause through the Race for the Cure.

In her book, *The Race Is Run One Step at a Time*, Brinker, 54, details her sister's battle against breast cancer, and her own, and provides information about the disease, treatment and early detection. Nancy and her sister grew up in a close-knit, financially well-off family in Peoria, Illinois, where Susan was celebrated for her beauty and artistic talent and Nancy was a self-described "klutzy tomboy." Nancy adored Susan, and the sisters remained very close, even as adults. After graduating from the University of Illinois at Urbana with degrees in philosophy and sociology, Brinker moved to Dallas, Texas, and landed jobs as a local TV reporter, radio talk-show host and public relations executive.

Then Nancy's world collapsed in 1977, when Susan, at age 33 and the mother of two young children, was diagnosed with breast cancer. The family doctor directed Susan to a local surgeon who performed a modified mastectomy and pronounced her "cured," but in six months the disease had spread out of control. Further treatment at sophisticated cancer centers failed to curb the cancer, and Susan died three years later.

"Right before she died, my sister asked me to do something to help other women, and I told her I

(continued on page 22)

The Past Years' Outstanding Speakers

2000: Denis Waitley, Alan Keyes, Wayne Dyer, James C. Dobson, Meredith Vieira

1999: Nido Qubein, Patricia Schroeder, Willie Jolley, Marilyn vos Savant, Gay Byrne

1998: Louis Rukeyser, J.C. Watts, Christopher Reeve, Jimmy Carter, Susan Molinari

1997: Jim McCann, Margaret Thatcher, Zig Ziglar, Elizabeth Dole, Laura Schlessinger

1996: Kenneth Blanchard, Colin Powell, Billy Mills, Elie Wiesel, Diane Sawyer

1995: Tom Peters, Nelson Mandela, Deepak Chopra, Barbara Jordan, Garrison Keillor

1994: Peter Legge, Jack Kemp, Stephen Covey, Dennis Prager, Rush Limbaugh

1993: Harvey Mackay, Mario Cuomo, Anthony Robbins, Jesse Jackson, Nina Totenberg

1992: Lee Iacocca, Norman Schwarzkopf, Robert Schuller, Les Brown, Paul Harvey.

Return of the Coast

**Toasting is an elegant art, long neglected,
which deserves attention, study and practice.**

Picture yourself at a large and elegant wedding supper. The best man asks you to give a toast to the bride and groom. You're both pleased and frightened. What can you say that will be appropriate and humorous? You try to recall some of the groom's college pranks. The time is at hand. Your mouth goes dry. You grasp the champagne glass by the bowl, lift it up and begin to talk, attempting to say something funny. Nobody laughs.

You push your effort, only to come up with something a bit raw. You're embarrassed. You close with something like, "May you be happy." The whole thing's a flop.

Don't feel bad. Most people do no better under similar circumstances. Wedding parties and other popular occasions often carry a level of performance that's dull, inept and sometimes even in bad taste. Toasting is an elegant art, long neglected, which deserves attention, study and practice.

Picture yourself at the same wedding supper. You stand, get the guests' attention, lift your glass by the stem and say in a strong voice, "To the bride and groom;

as you embark on the sea of matrimony, may you not jump overboard at the first squall." Everybody smiles. The effect is delightful. Many will congratulate you.

Toasting is a tradition that's long been ignored – at least in the United States. In the days of George Washington and Thomas Jefferson when British custom prevailed, the toast was integral to the feast. As history rolled on, the pioneers were more concerned with meat and potatoes than with giving and receiving toasts. The early Americans took a dim view of dancing and developed severe reservations about the use of table wine.



Even though a fetching toast can be given with water, fruit juice, coffee, tea or any other beverage, the custom of toasting at festive occasions almost disappeared.

An American dinner party came to be an occasion in which food was the central concern. The social aspects were deemed important, but secondary. Today, American dinner parties often start with an hour of socializing after which guests are seated and served. A carefully selected wine is quite fashionable.

Fortunately, the smart, witty and meaningful toast has come back in style. "A word fitly spoken" and the

elegant ring of fine crystal are once again popular at tables around the world.

AN ANCIENT ART

The word "toast" originated with the Romans who browned their coarse bread in a fire. When the bread became too hard to chew, they soaked it in wine. The softened bread, called "sop," served the purpose of collecting the sediment accumulated with the fermentation and aging of the wine. The meaning of "toast" expanded to include the drink in which the bread had been soaked

"As long as the toast is sincere and doesn't cause someone to lose dignity, it's appropriate and will be highly regarded."

and even the person in whose honor the drink was consumed. Madame Pompadour thus became known as "the toast of France."

The ancient Greeks celebrated with many civilized and elegant toasts. It was a religious requirement that a pious citizen make a gift of wine to the gods. When Socrates received his death sentence in the form of a cup of hemlock, he asked permission to pour out a few drops as a libation to Zeus and the other gods. The stingy executioner denied the request on the grounds that just enough hemlock had been provided.

One of history's most famous celebrations is recorded in Plato's *Symposium*. It occurred in the house of Agathon. Socrates, who had a lordly disregard for protocol, invited Aristodemus to be a guest at the feast. Eryximachus, Agathon's personal physician, served as "symposiarch" and proposed that, in the interest of mental clarity, drinking should be avoided. The flute girl was sent away, and the dinner party turned out to be a famous celebration when each of the brilliant guests gave a tribute to Eros, the god of love.

This famous platonic dialogue has given us the word "symposium," which designates an exchange of ideas, although it originally meant an occasion when guests "drink together."

However, the custom of toasting wasn't limited to the Western world. When Confucius taught in China, festive occasions were highlighted by appropriate toasts. The Egyptian ruler Amenhotep exchanged poetic toasts with his colleagues and visiting ambassadors. Records of similar rituals exist from India, Iran and other ancient countries.

RELIGIOUS MEANING

In medieval times, the toast took on a religious meaning. People believed that Satan could be exorcized with certain rituals as described in the phrase "bell, book and candle." It was believed that the sound of church bells and the sight of the Bible so terrified the devil that he fled.

The candle was the symbol of faith and prayer that pierced the darkness and defeated Satan.

It was likewise believed that the bell-like tone produced by the custom of touching goblets together could expel the evil spirits. The goblet was created to enable guests to hold their glasses by the stem to allow the chime effect when the goblets were touched together.

The old belief that sharing food and drink sealed an agreement of friendship has come down to us in the custom of giving toasts when heads of state meet. Important political events often are occasions for carefully prepared toasts. Some of these speeches are long and windy,

couched in the language of diplomacy. Only rarely is there a lovely lilt of humor.

The best toasts are custom-made. The creative person can sense just what should be said in terms of praise, honor, humor or celebration. As long as the toast is sincere and doesn't cause someone to lose dignity, it's appropriate and will be highly regarded.

The amateur poet can put together fun-rhyming toasts such as the classic:

*"Here's to you
Here's to me
May we never disagree
But if we do
Heck with you
Here's to me!"*

At a small dinner party, the custom of standing for a toast generally is foregone. The toaster lifts his glass by the stem, speaks the words and then touches the glass of the person or persons involved. When the glass is held correctly, the beautiful ring of fine crystal enhances the event.

On large public occasions, the situation is rather different. At the appropriate time, the toaster should stand and say, "I propose a toast to" the person, occasion or whatever is indicated. Enough time should be provided for the guests to lift their glasses and be prepared. The words are then spoken and the drink is consumed. For example, at an academic event at a famous university, the toaster stood, lifted his glass and said, "I propose a toast to Socrates – the first professor who drank himself to death." On a more serious note, in a similar atmosphere, a business school dean stood to honor his colleagues and said, "I propose a toast to the School of Business Management – the oldest art and the newest science."

Now that I'm in my eighties, toasts that pertain to old age appeal to me. If you're ever called on to give a toast to one of us who are chronologically gifted, try one of these:

*May you survive to one hundred five
Before your time is spent –
A hundred years for having fun
And five years to repent!*

Perhaps Mark Twain said it even better:

*May you live forever
And may the last voice you hear
Be mine!*

Perry E. Gresham, Ph.D., was President Emeritus and Distinguished Professor at Bethany College in Bethany, West Virginia. This article is an excerpt from his book *Toasts – Plain, Spicy and Wry*.



By Dave Fulmer

Guide to Gracious Toast-Giving

There are those universal gestures that have a rare magic to lift us and mark the simplest moments as special – a tender kiss, a warm ovation and a well-offered toast.

Of the three, the toast is the most mysterious. A toast is all at once a poem, a public prayer, a proverb, a secret sentiment, a roast, a bit of wit, and a veritable verbal badge of social facility. Which is to say, a good toast is hard to find. And so this gentle guide.

So let's begin with a toast by the French philosopher André Gide to writers, speakers and all aspiring toastmakers:

*Everything worth saying has
already been said –
But since no one was listening,
It's necessary to repeat it.*

In this modern age of guides on everything from fly-tying to bow-tying, resume-writing to social-wrong-writing, we are in constant search of good advice. But remember, rules are for common people. When uncommon folks break the rules, it's called style.

■ **Be eloquent, whimsical and witty.** Tough assignment, but try. Toasting is not for the thick of

tongue or faint of phrase. The best way to achieve all three is to learn from the examples that follow in this article.

■ **Be simple.** The simplest toast is often the most sincere.

■ **Be yourself.** The best words, witticisms and stories are your own. A toast is toastier if it's original.

■ **Be brief.** Brevity is the soul of wit, not to mention the heart of hospitality. The well-turned toast is terse. As the great Toastmaster General of the United States George Jessel observed: "If you haven't struck oil in your first three minutes, stop boring."

■ **Be prepared.** A toast is a public speech in miniature. As such, the best toast is well-prepared and painstakingly practiced. If you want to sound spontaneous, rehearse first.

■ **Be done.** Lead your audience gracefully into your conclusion by using any or all of the generally accepted toast-terminating gestures: Finish with a verbal flourish, raise your glass, "clink" with a partner, and take a sip.

Toasts in Different Languages

Esperanto – Je zai sano
Chinese – Kan bei
French – Santé
German – Prosit
Irish – Slainte
Italian – Salute
Japanese – Kampai
Russian – Na zdorovia
Scottish – Slainte
Swedish – Skål
Spanish – Salud

From their ancient Greek origins, toasts have long enjoyed an important place in international diplomacy. The ancient custom of drinking to one's health was a means of assuring a visiting dignitary that his beverage was not spiked with poison, an early form of political dirty tricks.

ETIQUETTE FOR SPECIAL OCCASIONS

People are searching for meaning in their lives...in one sentence or less. The toast is a communication vehicle for our time. With the tersest of toasts, a meandering social gathering can be compacted into a simple sentence that sums it all up. Raise the significance of special occasions by raising a toast.

Let these suggested rules of etiquette aid you:

- At an engagement party, the engagement is formally announced to those in attendance by the father of the bride in an appropriate toast.
- At a wedding reception where a meal is served, toasts are traditionally offered once everyone has been seated and served their drinks. At a standing reception, toasts are offered after everyone has gone through the receiving line and drinks have been served.
- With large weddings, it is best to engage in toastmaking at the more informal rehearsal dinner than during the reception.
- At either the wedding reception or rehearsal dinner, toasts are generally offered to the bridal couple. The best man offers the first toast, and the groom responds with a toast of thanks. Other toasts to the couple may follow in any order deemed appropriate, generally:

1. Fathers, beginning with the father of the bride
2. Mothers, beginning with the mother of the bride
3. Groom to the bride
4. Bride to the groom

This order may also be used at anniversary dinners.

- At a christening luncheon or tea, toasts are usually offered to the child in the following order: by godparents, parents, siblings and guests.

CONGRATULATIONS

Work

*Here's to your promotion
Nothing succeeds like success*

... ..

*In your new position may you be
Thick-skinned,
Level-headed,
Sure-footed,
Even-handed,
Nimble-fingered,
Sharp-eyed,
Open-minded,
Quick-witted,
Smooth-tongued,
And humble...
If at all possible*
—Linda Denton

... ..

*To your recent success and promotion.
I've known some of the best.
I've known some of the worst.
And, believe me,
You have been one of the most.*
... ..
*If at first you don't succeed,
Adjust your goals.*

Weddings & Anniversaries

*To my daughter, the bride:
May the first day of your new life together
Be filled with as much joy, wonder
And possibility
As the first day of our life together.*
... ..

*Here's to my mother-in-law's daughter,
And here's to her father-in-law's son;
And here's to the vows we've just taken,
And the life we've just begun.*
... ..

*Marriage: A community consisting of
A master,
A mistress and
Two slaves –
Making in all, two.*
—Ambrose Bierce

... ..

*May your wedding days be few
And your anniversaries many.*
... ..

*Grow old with me!
The best is yet to be,
The last of life,
For which, the first is made.*
—Robert Browning



Christenings

*Every baby born into the world
Is a finer one than the last.*
—Charles Dickens
Nicholas Nickleby

... ..

*We haven't all had the good fortune
to be ladies;
We haven't all been generals, or poets,
Or statesmen;
But when the toast works down to the babies,
We stand on common ground.*
—Samuel L. Clemens

... ..

*A baby will make love stronger,
Days shorter, nights longer,
Bankroll smaller, home happier,
Clothes shabbier,
The past forgotten,
And the future worth living for.*

Birthdays

*May you live to be a hundred years
With one extra year to repent*
—Traditional Irish Toast

... ..

*May you live forever
And die happy.*
—L.R. Fulmer



HOLIDAYS

*Here's to us all —
God bless us every one!*
— Charles Dickens
*Tiny Tim's toast,
A Christmas Carol*

GENERAL

Politics

*To peace and friendship among all
people.*
—President Jimmy Carter
6/25/79

... ..

Allow me to raise a glass to the work
That has been done,
The work that remains to be done.
And let us also toast the art of
Friendly persuasion
The home of peace with freedom
The hope of holding out
For a better way of settling things.
—President Ronald Reagan
To General Secretary Mikhail Gorbachev
Moscow, 5/30/89

In a classic display of political one-upmanship, the British Ambassador, the French Minister, and American emissary Benjamin Franklin offered the following round of toasts while dining at Versailles.

British Ambassador:
[To] George III, who, like the sun in its meridian, spreads a luster throughout and enlightens the world.

French Minister:
[To] the illustrious Louis XVI, who, like the moon, sheds his mild and benignant rays on and influences the globe.

Benjamin Franklin:
[To] George Washington, commander of the American armies, who, like Joshua of old, commanded the sun and the moon to stand still, and they obeyed him.

War

Here's mud in your eye!

This toast was very popular during World War I, a war, which was fought in the trenches. The toast originated during the opening of the American West as a departing blessing on farmers heading westward.

To the enemies of our country!
May they have cobweb breeches,
A porcupine saddle,
A hard-trotting horse,
And an eternal journey.
—American Revolutionary War toast

To long lives and short wars.
—Colonel Potter
M*A*S*H

WOMEN

Let us have wine and women,
Mirth and laughter,
Sermons and soda-water the day after.
—Lord Byron
Don Juan

She is my own,
And I as rich in having such a jewel,
As twenty seas, if all their sands
were pearls,
The water nectar and the rocks pure gold.
—William Shakespeare

What, sir, would the people of the earth
Be without woman?
They would be scarce, sir, almighty scarce.
—Samuel L. Clemens



In Memoriam

A prayer to the gods I may and must offer
That they will prosper my journey
From this to the other world...
—Socrates
(Over a glass of hemlock)

Now let us sit and drink and make
us merry,
And afterward we will his body bury.
—Geoffrey Chaucer
The Canterbury Tales

Now, my friends, if I may propose a
little toast:
Let us eat, drink and be merry,
For tomorrow... we die.
—William Powell
The Thin Man

Reprinted from *A Gentleman's Guide to Toasting* with permission by Jack Daniel Distillery, Lynchburg, Tennessee.

Dave Fulmer is a historian and writer whose study of small-town hospitality and social customs earned him the title of official historian and "Gentleman Jack Toastmaster" for the Jack Daniel Distillery in Lynchburg, Tennessee.

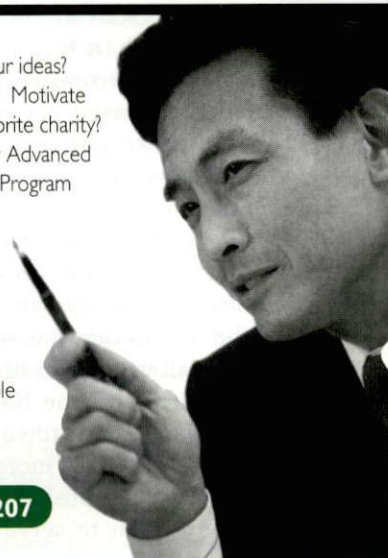
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Five Outstanding Speakers of 2001

(continued from page 15)

would," Nancy Brinker told a reporter for the *Chicago Tribune*. "I had no idea what I was going to do. I was busy trying build a career and a life for my son and myself, and I had no notion of how I was going to fulfill that promise."

The following year, in 1981, Brinker married her second husband, Norman Brinker, and was able to quit work and pursue her dream of creating a nonprofit, grass-roots organization that would have political impact and raise money for breast cancer research. Armed with her motto of "If you see something wrong, don't wait for anyone else; go out and fix it," and the example set by her mother who built a Girl Scout camp and her grandmother who helped start the Red Cross in her home town, Brinker had a three-part goal: To make information about cancer easier to obtain and understand, to create a sense of community among breast cancer patients, and to provide a place for them to share their feelings and vent their fear. The fitness craze in the mid-

'80s inspired her idea for the Race for the Cure. "I felt there was so much fear associated with even discussing the disease that we had to create an environment that was fun, that was uplifting, that was empowering," she says.

On June 1 this year, Brinker spoke at the White House in Washington, D.C., kicking off the city's Race for the Cure fundraiser. Both President Bush and first lady Laura Bush praised Brinker's efforts. "America is grateful," Mr. Bush said, saluting Brinker and those involved in the race to "save lives."

Also present at the rally was Mrs. Bush's mother, Jenna Welch, a breast cancer survivor. In his speech, President Bush stressed the importance of early detection and increased access to cancer screening devices for uninsured patients, noting his proposal to increase funding for the National Institutes of Health by \$2.8 billion next fiscal year.

"There are still many high medical hurdles that need to be cleared," Bush said. "But for the first time in human history, we can say with some measure of confidence that the war on cancer is winnable."

That is no small victory for Brinker, who served under three U.S. presidents on the National Cancer Advisory Board and has regularly testified on Capitol Hill, pleading with political leaders for more research money.

Brinker's latest accomplishment is that of being chosen by President Bush to serve as U.S. ambassador to

Hungary. She has received many prestigious honors, titles and awards for her vision, courage and innovation. But when asked what she considers her biggest accomplishment, Brinker says, "I'm proudest that I have been able, through the help of an awful lot of people, to keep the promise I made to my sister."



Larry King
King of talk, king of hearts

Dubbed the "Muhammad Ali of the broadcast interview," Larry King bounced back from a heart attack in 1987 with the same hard-hitting attitude he brings to his daily radio/TV talk show. After a brief break for quintuple-bypass surgery, King was back on the air, pounding out questions in the rapid-pace style that has earned him Emmy awards, accolades and millions of fans worldwide.

On a recent episode of *Larry King Live*, King fired off 74 questions in less than 38 minutes. "I like to get right to the heart of the matter," says the talk show host *Time* magazine calls the "Master of the Mike." "I never learned anything when I was talking."

Devotees of CNN's top-rated program learn plenty, as King poses questions to the famous and infamous alike. His interviews with high-profile guests such as Barbra Streisand, Mikhail Gorbachev, Frank Sinatra and Margaret Thatcher make headlines – and keep King firmly ensconced as one of the most respected personalities in the industry. In addition to *Larry King Live*, the energetic King is the author of 12 books and a weekly newspaper column for *USA Today* that he recently ended after 20 years. In addition, he is the founder of the Larry King Cardiac Foundation and has made cameo appearances in 18 movies.

With his trademark squint, stooped shoulders and unmistakable Brooklyn accent, King, 67, makes an unlikely star — and his early years gave little clue to his future success.

Born Lawrence Harvey Zieger in 1933, King's childhood was fraught with hardship. His father Eddie, a defense plant worker, died young, leaving his mother with two children and little else. For a time, the Brooklyn family depended on public aid to make ends meet. In his last newspaper column for *USA Today* on September 23, King mentioned how much he still appreciates the help of a charity agency in New York City that gave him his first much-needed pair of glasses.

The man who would go on to receive honorary degrees from many prestigious universities came within one point of flunking out of high school. With bound-

"I'm proudest that I have been able, through the help of an awful lot of people, to keep the promise I made to my sister."

— NANCY BRINKER

less energy but few prospects, he took a job as a janitor at a Florida radio station immediately after graduation.

And it was there in 1957 that he got his first break. When the morning disc jockey called in sick one day, King assumed the microphone and his new professional name.

But even then King nearly foundered.

The microphone went on and, paralyzed by stage fright, "Nothing came out of my mouth," he told a reporter. "I thought I'd blown my career." Moments later an angry general manager burst into the control room and told King in no uncertain terms that if he planned to remain in the communication business, he'd better start to communicate – fast! The former janitor took only a moment to compose himself and went back on the air admitting to the small audience that he was scared half to death. "And I discovered something," King says today. "If you're honest with your audience, you'll be fine."

From that point on, King kept talking, and listeners kept listening. In 1958 he was hired to broadcast a four-hour morning radio show from a local restaurant, conducting impromptu interviews with celebrities and diners alike. The show moved to a nighttime slot in 1963, and King was named host of a weekend TV show the following year.

By 1978 he was hosting a midnight-to-5 a.m. national radio talk show, his straightforward question-and-answer/call-in format already well-honed. When that venue proved successful, King was ready to move on – this time to Washington, D.C. His physical stamina, wide range of knowledge and ability to ask the right questions quickly made Larry King a household name.

In 1985, King was invited to take the show to television. His hour-long version of *Larry King Live*, with its now-famous mix of celebrity interviews, political debates and current events, debuted on CNN (Cable News Network) to rave reviews. In 1994, he created the first daily radio/TV talk show, when CNN's *Larry King Live* became simulcast on radio stations nationwide.

By his own estimation, King has conducted some 40,000 interviews during the course of his career. His was the forum chosen by Ross Perot when the Texan announced his presidential candidacy. During the years 1994-1995, King interviewed nearly every major participant in the O.J. Simpson trial. He spoke to John Lennon assassin Mark David Chapman, lured then-presidents Reagan and Bush into the spotlight, and interviewed South African President F. W. de Klerk about the end of apartheid. He sang on-air with Frank Sinatra and received a surprise kiss on the lips from Marlon Brando.

He has prodded the bashful and quieted the brash. "We don't want to appeal to venting," he explained to Knight-Ridder/Tribune News Service in 1995. "I try to interview people who are classy or funny. I never want to inflame. I never want to appeal to racism, anger or perversity."

King has nothing but disdain for the current spate of tell-all TV tabloid shows. "I can't stand what I see on daytime television, except 'Oprah'... I'm not proud of my profession when it stoops to the level of having an agenda to arouse."

The "King of talk shows" insists he isn't a journalist. Calling himself an "info-tainer," he downplays *Larry King Live's* ability to cover the news behind the news. "My show is not 'Meet the Press.' It is what it is: Information provided in an entertaining manner," he told *Knight Ridder/Tribune* reporter Gail Shister.

What Larry King does – arguably better than anyone else – is capitalize on his own insatiable curiosity and energy. He admits he never gets tired of "getting curious," and seems to have a boundless ability to accomplish multiple tasks. After suffering several life-threatening heart attacks (the subject of one of his books, *Mr. King, You're Having a Heart Attack*), the former three-pack-a-day smoker who never exercised became fanatical about his health, and turned what he learned into the Larry King Cardiac Foundation. The foundation disseminates grants to help pay for medical treatment for heart disease patients. King is also involved with the American Heart Association and the Save the Children Foundation, and recently established a \$1 million journalism scholarship at George Washington University's School of Media and Public Affairs for students from disadvantaged backgrounds.

During the course of his long career, King has been inducted into five of the nation's leading broadcasting halls of fame, and has received the prestigious Allen H. Neuharth Award for Excellence in Journalism.

In 1996, King was honored by the American Academy of Achievement with the Golden Plate Award for his life's work in the broadcasting industry. The following year, King celebrated his first 40 years in broadcasting with a star on the Hollywood Walk of Fame. In addition to professional awards, he has been widely recognized for his extensive community work and charity involvement.

Not bad for a boy from Brooklyn who says he simply does what comes naturally.

"I go in and meet interesting people and ask them questions, and hopefully the show will have an impact," he wrote in his book, *Anything Goes! What I've Learned from Pundits, Politicians and Presidents* (Warner Books, 2000). "I'm living out a dream — and they pay me for it!"

"My show is not 'Meet the Press.' It is what it is: Information provided in an entertaining manner."

— LARRY KING

Editor's Note: Don't forget to nominate your favorite five speakers for 2002. See ballot and nomination criteria on page 30.

Don't Be Afraid To

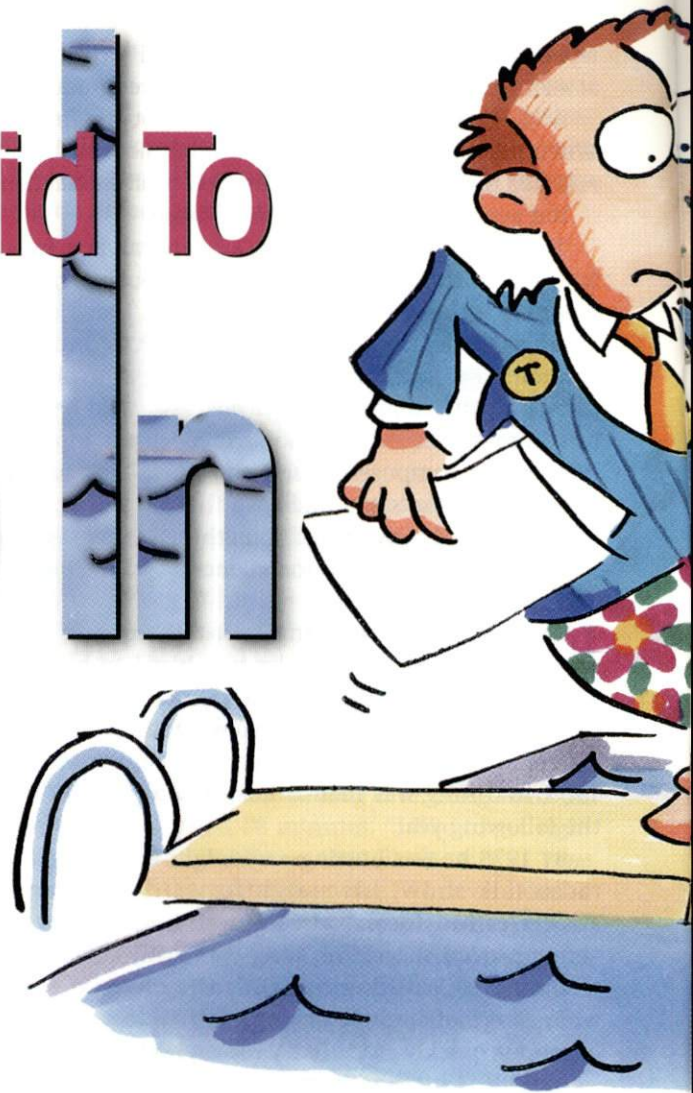
Jump In

Fulfilling varied responsibilities is an important way to learn and contribute to the club.

Water-skiing, lion taming, and public speaking...what do these activities have in common? For most people, each is likely to provide an adrenaline rush. All three can elicit applause when done well. And none can be mastered by reading a book or observing others in action. People who acquire skill in any of these areas must, essentially, "learn by doing."

As Toastmasters, we frequently hear our mentors remind us that we cannot grow as speakers unless we step up to the lectern and flex our new public speaking "muscles." Our early efforts feel awkward, but as we repeat and refine our approach, it becomes imbued with confidence and our own unique flair.

Frequent speaking experiences allow us to grow more limber as this activity starts feeling more natural; we begin looking forward to our Toastmasters participation in the same way that a devoted athlete looks forward to the daily workout. And if our itinerary pulls us away from meetings, we feel eager to "get back on track" before those speaking muscles start feeling stiff.



But even the best motto can be misused. I've heard someone say "Toastmasters learn by doing" to justify activities that don't contribute to the mission of our clubs, or to the very growth process we attempt to nurture.

When should you, as a Toastmaster, STOP "doing" in order to learn?

■ **When you find yourself filling the same role at nearly every meeting.** The first time we tackled the role of Topicsmaster (or Timer, or Toastmaster of the Day), we were nervous and hesitant. Eventually, after a few more opportunities, we felt the process begin to flow naturally. Our personal style began to express itself, the audience responded warmly, and we realized that we'd achieved a level of proficiency.

It feels great to perform a role we do well. But if our recent success inspires us to return as Topicsmaster at every opportunity, we won't recapture that early exhilaration. When you realize that you've drifted into a

BY SHELIA SPENCER, ATM-G ■ ILLUSTRATION BY RICK STROMOSKI



“meeting role rut,” it’s time to “learn by doing – something different!” So sign up for a role you rarely (or never) perform, and give other members a chance to acquire your level of competence.

■ **When your speech evaluations look like carbon copies.** Could you predict the points that were made during your last evaluation (because they haven’t changed from month to month)? Read through the evaluators’ comments for your last three projects. If certain observations (“you need to speak more slowly,” “I had trouble following your ideas” or “I’m tired of hearing about your gall bladder surgery”) appear on consecutive evaluations, you need to step back from your speaking agenda and address those developmental issues.

Talk to your mentor. Get help in working on your speaking rate (or organizing your presentation outline, or selecting a fresh topic), so that your next trip to the lectern will provide an opportunity for growth, not *deja vu*.

■ **When the butterflies fall asleep.** Your goal is to “get the butterflies to fly in formation,” not to lull them into

unconsciousness. If you feel so relaxed at the lectern that the electricity is missing from your pulse, it will be missing from your delivery, too.

Comedian Ben Stein has made a profitable career by eliminating every ounce of excitement from his public persona, but the rest of us need a different approach if we want to succeed as speakers.

Every trip to the lectern should include at least one element that is new and unfamiliar to you (humor, props, audience participation). If your feedback repeatedly includes the phrase “as usual...” wouldn’t it be great to hear the words “you surprised us again”?

■ **When you can’t remember what else happened at the meeting.** Great Toastmasters meetings are hard to describe because they have so many creative and unexpected elements that give them vitality and excitement. The one thing they have in common is that when they are over, everyone is exhilarated and enriched

by the shared experience. But if all you can remember is how brilliant you were, you missed out on a lot.

Make a point of attending your club meetings – and other local Toastmasters events – as an observer. Focus on the contributions of others and you’ll gain insight and appreciation of what can be gained by watching others who are “doing.”

■ **When your club relies too much on you as a central participant.** There is an important distinction between being “dependable” and being “indispensable.” Has a meeting ever been canceled simply because you couldn’t be there? If other members have begun to take your efforts for granted, they will become passive and discouraged from pursuing their own growth. When other members start “staking out their turf” within recurrent roles, the entire club becomes stagnant.

Fulfilling varied responsibilities – as a meeting facilitator or club officer – is an important way to learn and contribute to the club. Don’t deprive yourself and your fellow members of this experience.

■ **When you aren't mentoring at least one other member.**

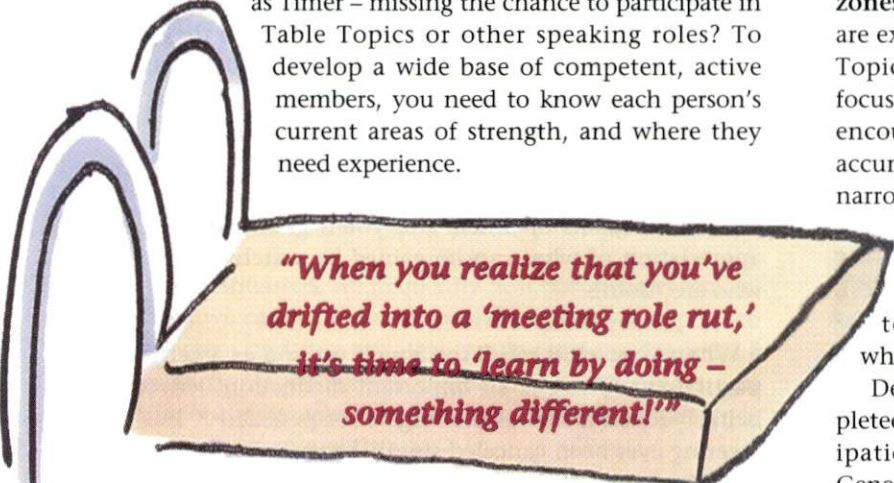
If you are a long-time Toastmaster, you may have actively mentored people in the past, but now you let that opportunity pass to other members. If you are a fairly new member, you may feel you aren't ready, or don't yet have enough knowledge or skills to pass along. In either case, you are depriving yourself of the pleasure and satisfaction of contributing to the growth of fellow members.

Focusing outward – helping other members – takes effort and may decrease the amount of time you spend developing and presenting your own speeches. But you'll still “learn by doing” – as a coach and mentor to someone who will be doing the more visible activities. They will begin to blossom at the lectern, while you will spread your roots learning new skills as a mentor, coach and leader.

How can a club's Vice President Education help members find the balance between “doing” and “not doing?”

■ **Document each member's participation in meeting programs.** You are already tracking each member's speech progress. But don't simply confirm whether a speech has been completed – document the date as well. Also document what meeting roles the person filled. (You may need to consult with the club secretary about past meetings, especially those you were unable to attend.)

If you devote one page to each member's progress, you can track the frequency and type of participation. Did Sue give a manual presentation at each of the last four meetings she attended? Does John always volunteer as Timer – missing the chance to participate in Table Topics or other speaking roles? To develop a wide base of competent, active members, you need to know each person's current areas of strength, and where they need experience.



“When you realize that you've drifted into a ‘meeting role rut,’ it's time to ‘learn by doing – something different!’”

■ **Create and administer a meeting program that supports the participation and growth of all members.** When you've gathered the data for each member, map out future meeting agendas to provide variety and a natural progression of assignments for everyone. (A new member may begin with “Thought for the Day,” then move on to the “Ice Breaker,” serving as Timer or Table Topics-

master, giving Speech #2) Make sure that you or a mentor will be available to advise and coach as needed for these assignments.

Be careful not to schedule brand new members as General Evaluators, because they won't have specific knowledge to share within this educational role. If circumstances make it necessary for you to move someone quickly through their learning curve, give them advance notice; suggest that they closely observe the current week's facilitator, and encourage them to seek coaching before the meeting in which they will be called upon to perform the same duty.

■ **Provide new challenges for members who have “done it all”.** Do you have some members who could fill every role in every meeting in their sleep? Please don't let them to do it! Encourage your experienced Toastmaster of the Day to be creative: Design and orchestrate a theme meeting, find a new location (the company cafeteria, the local library) for that one meeting; add some new roles (“Movie Review of the Day,” “Charade Master”) to their program.

Challenge the General Evaluator to try a new format (panel evaluation, round robin, etc.) so that several members can participate in the new growth experience. Experienced members should be encouraged to revisit all meeting roles with a creative eye. Their experience, confidence and broad range of knowledge can add new dimension to the role of Grammarian, Joke Master or Timer.

■ **Recognize members who step outside their comfort zones.** Recognition lets members know what behaviors are expected. If we recognize only the best speaker, Table Topics participant or evaluator – or if we constantly focus on the people who complete CTMs and ATMs – we encourage other members to do the same. People will accumulate accolades, but their experience will remain narrow and limited.

Make it a standard practice in every meeting to acknowledge each person who is performing a meeting role for the first time. Stress that they are to be commended for trying something new, whether or not the result was all they had hoped for.

Devise a special recognition for anyone who has completed the full range of meeting roles (at least one participation in every role from Table Topics response to General Evaluator) and present a certificate or other award at your next meeting. The more you reward this behavior, the more it will encourage others to notice and focus on their own range of participation.

■ **Advise each member about his or her progress through all meeting assignments.** Sue may not have realized that meeting facilitators are “regular” members, like she is, and may be delighted when you assign

her a supporting role. John, in contrast, may be serving as a Timer to avoid exposing his nervous habits that appear whenever he speaks. An imbalance in meeting participation may be accidental, or there may be powerful reasons behind a member's pattern. You won't know which is the case until you consider people on an individual basis.

First, mention to a member what your records show – and your suggestions for future meeting assignments. If the member is receptive and grateful for your guidance, things should progress smoothly. If there is anxiety, indifference or other resistance, you may need to offer personal support and explain the benefits of expanding their participation.

■ **Promote “full participation” as a primary educational goal.** People walk in the door of a Toastmasters meeting with one or two basic goals: to overcome shyness, to fulfill a job requirement, to prepare for an event where they will be required to speak. But when we completed the Toastmasters International membership application, we promised to expand beyond our original goals. Mobilizing members to fulfill all 10 of the “Toastmasters Promises” is a challenge – and an opportunity for your growth as an educator and motivator.

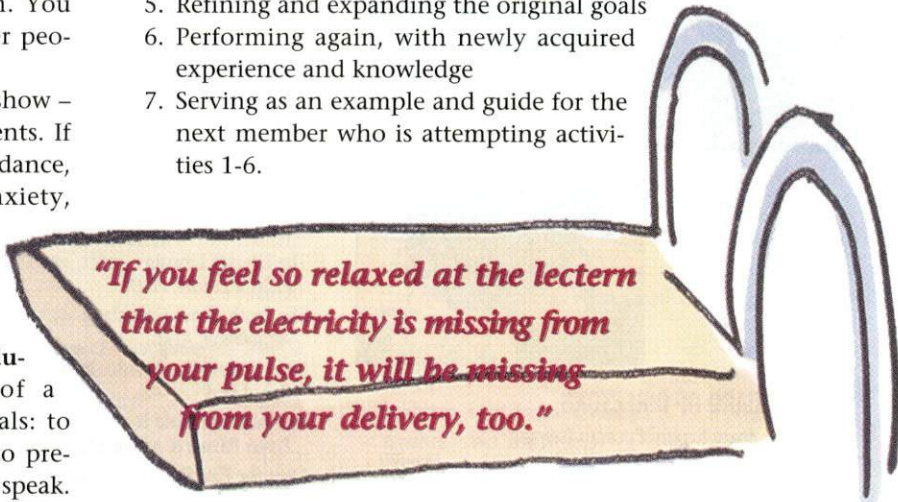
You may need to schedule a series of educational presentations to remind members of the many skills they can develop (listening, evaluating, inspiring, mentoring, facilitating, negotiating, delegating, diffusing conflict) Enlist several members' help to deliver elements of this message in different ways. Spread the word at meetings, in your club newsletter, and during mentoring sessions.

■ **Toastmasters Learn by “Keeping It Green.”** When I first heard this expression, I had to ask what it meant. I learned that “keep it green” means more than “learn by doing.” It means that we should always seek to grow and encourage growth around us.

We keep our personal experience green by seeking new activities and new ways to participate in familiar activities. When we step outside our comfort zones, there is a sensation of awkwardness that we once disliked. However, if our effort is met with encouragement, support and recognition from fellow members, we'll develop a different attitude about trying new things. Even that initial queasy sensation will become less formidable, because our experience has shown that that it soon will be followed by feelings of satisfaction and expanding self-confidence.

We keep the club atmosphere green by encouraging all members to try new things. As meeting roles and responsibilities pass from the more experienced to the less experienced member, we establish a new pattern. Now, Toastmasters learn by:

1. Observing a member who is performing well
2. Consulting with a coach or mentor
3. Performing an activity for the first time
4. Absorbing feedback
5. Refining and expanding the original goals
6. Performing again, with newly acquired experience and knowledge
7. Serving as an example and guide for the next member who is attempting activities 1-6.



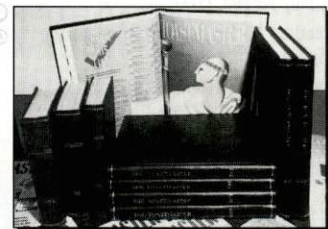
In the world of Toastmasters, this is the best “cross-training” to be found. Speaking and leadership muscles will grow strong and toned as we encourage our reach to exceed our grasp. When we take regular breaks from simply “doing” in a physical sense, we will be amazed at how our powers of observation, analysis and creativity flourish. In those moments we will come to appreciate that learning comes both when we are “doing” and when we are not, as long as we focus on keeping it green. **1**

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Shelia Spencer. ATM-G. is a member of several clubs in District 46.

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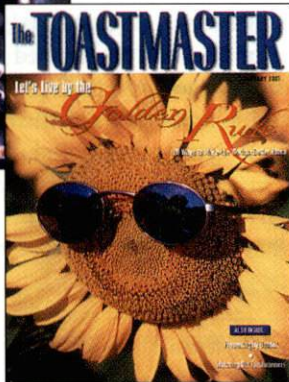
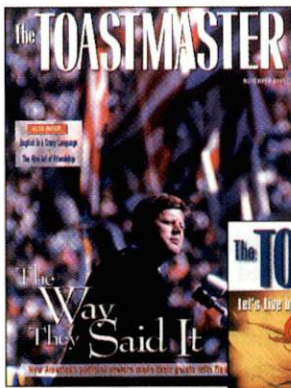
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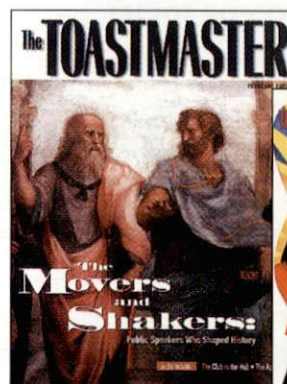
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Suzanne Frey



Vote For Your Favorite Speakers

Each year Toastmasters International selects and officially honors Five Outstanding Speakers, one each from specific categories listed on the ballot below. By recognizing individuals for their communication skills, we hope to create greater public interest in, and understanding of, the art of public speaking.

Please fill in the nomination form below and send it to the Publications Department at World Headquarters. The final list of names will be published in *The Toastmaster* and announced via press releases to the media.

JUDGING CRITERIA – The nominees' abilities as "outstanding speakers" will be evaluated in terms of message and delivery. A great speaker has "something to say," so factors such as importance, timeliness and relevance of the message to the audience will be considered. Nominees will be selected based on their achievements or contributions in the following seven areas:

1. Degree to which the person's success can be attributed to his or her communication skills.
2. Amount of influence on public opinion.
3. Demonstration of leadership.
4. Service to the community, state or nation.
5. Commitment to a cause, product, idea or business.
6. Ability to effect change.
7. Dedication to improving the lives of others.

Please Note: The Outstanding Speakers of 2001 and those from previous years are not eligible for nomination. (See list on page 15). All ballots must be postmarked by **April 1, 2002**.

Outstanding Speakers Ballot

1. COMMERCE OR INDUSTRY

Nominee _____

I think this person is an Outstanding Speaker because: _____

2. GOVERNMENT

Nominee _____

I think this person is an Outstanding Speaker because: _____

3. INSPIRATION OR MOTIVATION

Nominee _____

I think this person is an Outstanding Speaker because: _____

4. EDUCATION OR SOCIAL

Nominee _____

I think this person is an Outstanding Speaker because: _____

5. MASS MEDIA OR THE ARTS

Nominee _____

I think this person is an Outstanding Speaker because: _____

Submitted by: _____ Club/District No. _____

Please mail this form by **April 1, 2002**, to: Toastmasters International, P.O. Box 9052, Mission Viejo, CA 92690, Attn: Publications Dept.



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60 years

Sioux Falls 210-41, Sioux Falls, South Dakota

55 years

Verdugo Hills 434-52, Verdugo Hills, California

45 years

Mid-Del 2257-16, Midwest City, Oklahoma
 Central 2277-31, Worcester, Massachusetts
 Sheboygan 2121-35, Sheboygan, Wisconsin
 Business-Professional 2207-55, San Antonio, Texas

40 years

Helmsman 770-f, Huntington Beach, California
 Newport Beach Distinguished 1300-F, Newport Beach, California
 Downtown 1894-10, Akron, Ohio
 Gladiators 3392-27, Alexandria, Virginia
 D S C P 3403-38, Philadelphia, Pennsylvania
 Columbus-Whitehall 3002-40, Columbus, Ohio
 Naracoorte 3395-73, Naracoorte, South Australia

35 years

South Gate 1587-1, South Gate, California
 Fairlawn 2803-10, Akron, Ohio
 United Health Group 1389-53, Hartford, Connecticut

30 years

Gulf Coast 2095-29, Biloxi, Mississippi
 Germantown 2394-36, Germantown, Maryland
 Frederickton 2204-45, Frederickton, Canada
 Whakatane 1106-72, Whakatane, New Zealand
 Napier 1542-72, Napier, New Zealand
 Masterton 3199-72, Masterton, New Zealand
 Nelson 3758-72, Nelson, New Zealand

25 years

Jacobs Engineering 729-F, Pasadena, California
 Sunuppers 2834-2, Seatac, Washington
 Four Seasons 373-6, Roseville, Minnesota
 North Adelaide 2557-73, North Adelaide, South Australia
 Talkabout 3077-73, Perth, Western Australia
 Bayanihan 2844-75, Manila, Philippines

20 years

Mile O Communicators 2969-21, Dawson Creek, Canada
 Speecom 4751-51, Kuala Lumpur, Malaysia
 Windsor 4745-53, Windsor, Connecticut
 Thame 309-71, Thame, Oxfordshire, England
 Eden-Epsom 4748-72, Auckland, New Zealand

The following listings are arranged in numerical order by district and club number.

DTM

Congratulations to these Toastmasters who have received the Distinguished Toastmaster certificate, Toastmasters International's highest recognition.

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 Steve Smith 9452-F, Pasadena, California
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 Ann Hastings 1032-1, Beverly Hills, California
 Johnny R. Ponder 4970-1, Torrance, California
 Connie J. Sims 6266-1, Long Beach, California
 Joseph M. De Rico 441-3, Phoenix, Arizona
 Judy A. Edmond 1631-3, Glendale, Arizona
 Cyndi Newburn 2694-3, Tempe, Arizona
 Nancy S. Starr 2694-3, Tempe, Arizona
 Michael A. Kaml 6410-3, Phoenix, Arizona
 Vasanti Anat Deshpande 7565-3, Phoenix, Arizona
 James A. Kelly Jr. 683-5, La Mesa, California
 Mark Rivest 1532-5, Encinitas, California
 Jack M. Speer 4155-5, Yuma, Arizona
 Margaret Speer 4155-5, Yuma, Arizona
 Laurie Kimball 776-6, Minneapolis, Minnesota
 Kim Keilholtz 814-6, Edina, Minnesota
 Milton S. Lysdahl 958-6, Columbia Heights, Minnesota
 David Goldsworthy 2003-6, Thunder Bay, ON, Canada
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 Ellen Kruschke-Olson 4878-6, New Ulm, Minnesota
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 David Koppa 462-11, South Bend, Indiana
 John D. Stevenson 4081-11, Greenwood, Indiana
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 Yolande Berta 1901-14, Atlanta, Georgia
 Johnnie F. Sheats 2523-14, Augusta, Georgia
 Nick Hendrix 2739-14, Atlanta, Georgia
 Kimsey T. Pollard 4218-14, Atlanta, Georgia
 Judi Mueller 4684-14, Columbus, Georgia
 Margaret A. Stagmeier 6096-14, Atlanta, Georgia
 Duane V. Evans 719-15, Salt Lake City, Utah
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 Len Roberts 3800-18, Baltimore, Maryland
 Elaine Wentz 1047-20, Mandan, North Dakota
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 Jeanette Deurloo 6761-41, Rapid City, South Dakota
 Cecilia Elizabeth 5921-42, Saskatoon, SK, Canada
 Ross A. Welford 6883-42, Saskatoon, Canada
 Sampath H. Kumar 3063-43, Memphis, Tennessee
 Jake Christopherson 7643-43, Hot Springs, Arkansas
 Jerry L. Davis 7643-43, Hot Springs, Arkansas
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