



Mediterranean Spirit

Toastmasters District 59 - Area H1 bi-monthly newsletter

Year 1, n° 2

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Issue edited by Natalia Kim — Prestigious Speakers
Sebastián Lora — Mallorca Wordsmiths

Editorial

By Sebastián Lora, Vicepresident Public Relations, Mallorca Wordsmiths



Dear Santa, Wise Men and everyone holding a shiny

Toastmasters' badge:

Raise your hand if you were really good last year. I have tried, I promise... If you were anything like me, you probably have not been consistent in preparing and practicing speeches on a regular basis. You have likely failed to sign up on Easy Speak on time more often than your Vicepresident Education would have liked. You have not yet learned how to better position your club's website on

Google. And a big "etcetera" of sins that would surely force our club Presidents to remove us from our Executive Committees.

I do believe, however, that my fellow Area H1 Toastmasters were very good in 2011 and, thus, here are my Christmas wishes for all in 2012:

- Many more members for smaller and newer clubs; a bunch of native Spanish speakers who would bring in more diversity.
- Overbooking at larger clubs forcing leaders to branch out and create newer clubs.

- A speech waiting list on all meetings. New-comers earning their CC/CL's in a year forcing older members to hop back in to avoid losing the "mojo".
- The President's Distinguished Club award to all well-established clubs and to the area.
- Mediterranean Spirit to win the prize for best District 59 newsletter of this term.

Yes, apparently the holidays are over. But in Spain we are used to being late, so please accept this letter and raise your glasses for a great 2012.

Area H1 Represented at Basel's Fall Conference

By Marina Lusich, Barcelona Toastmasters



This has been one of the most exciting experiences since

joining Toastmasters.

I decided to go for a shot at Table Topics. Amazingly, I got first place in the Club Contest and was on to the Area Contest. Whew! The topic was very creative but I managed to qualify again.

Now this was serious business! I grasped a great piece of advice given to me by fellow Toastmaster, María Lozano who said: "Marina, when hearing the topic, just think about three ideas. Then build your speech to flow along them." Bingo! This is what I did and it took me directly to finals at the District 59 Fall Conference in Basel, Switzerland. This meant competing against the very best in Europe – an experience worth living! Now I have the

"itch" to go on participating in Contests.

I earnestly encourage all Toastmasters in Area H1 to try it out: give Europe a chance! Spring Contests (Speech and Evaluation) take place on May 26-27th in Poznan, Poland. Just go for it!

Want to know more about Basel's Fall Conference? Read the article on page 3 Find out more about the upcoming Poznan's Spring Conference on page 6.

Of Toastmasters relevance:

- WHAT HAPPENED IN BASEL?
- WHAT'S THE MEANING OF BEING A TOASTMASTER?
- A CLUB'S REVIVAL!
- LGBT IN TOASTMASTERS
- FIND A TOASTMASTERS CLUB NEAR YOU

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Florian Mück is a professional public-speaker, author of the book "The Seven Minute Star" and a member of Prestigious Speakers.

"I ENJOY THE STAGE AND I LOVE SPEAKING IN FRONT OF ANY AUDIENCE" JIM DODSON, DTM



Jim Dodson, DTM
Founding member of Toastmasters Madrid and former Division H and Madrid Area Governor.



Edith Finkbeiner, DTM
Former Area H1 Governor. Actually, Barcelona's first Area Governor.

More Power to your Point: Do's and Don'ts in screen presentations

By Florian Mück

DESIGN

Do's

- Full screen images
- Metaphorical images
- Black or white background
- Black background, white text (more powerful)
- Calibri font, large letters
- Text boxes with 20-30% transparency on images
- Always use the entire space of your slide

Don'ts

- Animations
- Low resolution images
- Images with watermarks
- Bullet points
- Clip-arts
- Non-full screen images
- Corporate logo/design (save it for print-outs)
- Artistic typos

CONTENT

Do's

- First slide = Last slide
- One idea per slide
- Little text/buzz words
- Numbered lists
- "Magical" equations (e.g. The Trust Equation)
- Just "mysterious" numbers (e.g. 108,456 €)
- Simple, direct language

Don'ts

- Multiple ideas per slide
- Full sentences (only one exception: quotes)
- Abbreviations/acronyms
- Contact data
- "Thank you" slide at the end

OTHERS

Do's

- Speak & click (tension building transitions)
- Always create two ppt versions: Print (facts) vs Screen (images)
- Plasticized one pager A5 handout (if really needed)

Don'ts

- Click & speak ("Ah, and then also" transitions)
- Never look at the big screen (never show your back to the audience)
- Never walk in the light beam of the projector
- Never say "Sorry", if something goes wrong

For more information on Florian Mück, please visit www.thesevenminutestar.com or @the7minutestar.

What does being a Toastmaster mean to you?

After the first issue of this newsletter, we thought that interviews, although a great source of knowledge and wisdom, are limited in terms of getting to know a number of people, so we thought that, on each following issue, we'd ask one question to a few Toastmasters. This is what we got...

Jim Dodson, DTM

"Although this might sound a bit corny in this day and age -particularly to the younger generations- being a Toastmaster to me means helping people. Sometimes it is helping to gain self confidence, overcome a stuttering problem, or simple nervousness. And then there is the help with the actual speaking skills, which are sometimes

learned, and sometimes not. I know some advanced speakers who still have trouble with Ums and Ahs! If you can't do your tenth speech without Ums or Ahs, maybe you should repeat it? And if the truth be known, I enjoy the stage or spotlight, and love to speak in front of any audience."

Edith Finkbeiner, DTM

"My grand entree came in Barcelona in 2003 when attending a 'new venture about presentation skills'. I came out as Secretary which meant "giving" to TM from day one. I then became Barcelona's 1st President. This entity brought me things FAR be-

yond my dreams then. I met wonderful members with a common purpose, drew lessons from relationships and celebrated accomplishments. TM taught me to plan and organize my thoughts more effectively. It altered my self-perception when facing larger audiences and got a thrill from mentoring others to successful paths. My greatest pride and joy is instigating the birth of new clubs."

Markus Künkel, DTM

"In a nutshell, to me, Toastmasters is fun, enjoyment and unexpected challenges, but always with lovable and open people."

Turning a club around

By Diane Oatley, Vicepresident Education, Mallorca Wordsmiths

Members were bored, meetings were boring, guests were like ships that passed in the night; they never stayed! New members were few and far between. Something needed to be done; changes needed to be made.

They say “variety is the spice of life” and, with this in mind, I knew that was what we had to do with our agendas: introduce some variety. With a young and enthusiastic Committee and a President that was not afraid of change, we introduced four different agendas, totally in line with the format of the Toastmasters programme, to run consecutively each month.

Week 1: Normal agenda

Week 2: Open evaluation of Table Topics

Week 3: Guest Speaker night

Week 4: Theme night with a toast to the Toastmaster of the month

The normal agenda is now seen as a welcome break from all the activities of the month; we love it!

Open evaluation of Table Topics is an incredible learning process. It teaches us valuable points that members have picked up about the presentation that others might have missed.

Guest Speakers are invited by members. They are people who have exciting professions or interesting things to tell us. They are not selling or networking. These evenings are very popular; on one of them we had 19

guests!

For theme evenings, every member was asked to submit a theme at the beginning of the year. The Toastmaster of the month (chosen by a Committee member) chooses a theme at random for the next month. Every part of the agenda is in line with the theme: Table Topics, word, joke... Plus the person whose theme is chosen is asked to make a speech about it.

Progress to date: six new members with another definite in January. Average attendance up from eight to 15. Full agendas most weeks; no last minute signing up for roles. Enthusiasm up 80%. Great atmosphere and lots of fun. Toastmasters at its best!

The Basel Report (Excerpt from December 2011 issue of The Clarion)

By Thomas Koetzsch, ACB, CL from Zuriberg Toastmasters, Area E2

“This was one of the best District Conferences I ever attended ...” was one of the sentiments expressed by some of the people who attended the District 59 Fall conference in Basle from November 25th to the 27th.

300-odd participants descended on The Ramada Plaza Hotel in Basle for what was termed a session of excitement, inspiration and laughter – or if you like the longer title – the Humorous Speech and Table Topic Contests in English, French and German but there were also lots of workshops, a Gala Dinner and lots of dancing.

Following the Conference Opening in English, French and German – mind the French really sounded great but I didn’t understand a

word because my French language skills are rather non-existent.

The first part of the finals of the English humorous speech contest took place that evening, but more of that later. Following the German and French table topic contests some of the Conference’s participants went out for cheese fondue – a typical Swiss national dish. This dish turned out to be so popular that the restaurant ran out of cheese.

First thing on Saturday morning was the German humorous speech contest. I wasn’t able to listen to all of it, as I was also at the helpdesk, but one of the speeches I heard was about a talk on humanity, which the speaker said

also included women - what an interesting notion.

But the highlight of Saturday and that happened even before the English humorous speech contest was the Gugemusik the organisers invited to play for us just after lunch. I suppose the English-only speakers would call it a brass band, but as most will remember it is a good deal more than that.

If you get a chance you should visit the Basler Morgestraich on February 27th and you will hear lots more of it. Best be there early because it starts at 4 a.m. [...]

Read the full article in *The Clarion* at http://www.district59.org/uploads/media/Clarion_December_2011.pdf



Diane Oatley, CC CL,
Vicepresident Education, Mallorca Wordsmiths.

“VARIETY IS THE SPICE OF LIFE’ AND, WITH THIS IN MIND, I KNEW THAT WAS WHAT WE HAD TO DO WITH OUR AGENDAS: INTRODUCE SOME VARIETY.”
DIANE OATLEY,
CC CL



Markus Künkel, DTM
Former Area H1 Member and Officer, currently living in Switzerland, where he’s an active Toastmaster.

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Interview with Jeff Singer

By Natalia Kim, Prestigious Speakers



Jeff Singer, CC CL, President, Prestigious Speakers and member of Toastmasters since 2006.

“LIKE MOST PEOPLE, I BELIEVE, IT WAS THE SPEAKING SIDE OF TOASTMASTERS THAT ATTRACTED ME.” JEFF SINGER, CC CL

British, married to a Catalan, with two daughters. Jeff has been in Barcelona for 10 years. He is a partner in a professional services firm.

Natalia Kim: When did you join Toastmasters?

Jeff Singer: In September 2006.

NK: Were you motivated by the challenge to become a great speaker or did you focus on leadership skills from the beginning?

JS: Like most people, I believe, it was the speaking side of Toastmasters that attracted me.

NK: What is the most interesting part of accepting the role of presiding a Club?

JS: Without doubt, working with and coordinating an extremely varied group of people.

NK: You preside Prestigious Speakers, 100% English-spoken but very multicultural. Does that make it easier or more complicated to lead?

JS: I've never been President of another club, but Prestigious Speakers is certainly multicultural. We have 21 different nationalities

amongst the Club's 48 members. As to whether that makes it easier or more complicated, I'd say both: you have to be far more tolerant, patient and accepting, but at the same time, we make allowances for our members' varying cultural perspectives. In spite of the differences, however, our membership acceptance criteria include fluency in English.

NK: Best experience so far?

JS: Attending Club meetings, addressing members and guests, and drinking with all in the bar afterwards!

NK: The most disappointing?

JS: Sometimes I can be a bit impatient. Sometimes what I want to happen doesn't happen and I have to adjust my expectations. To be flexible and adapt are important skills I've learnt in order to minimize disappointment.

NK: How complicated is it to make the team work properly, having every officers' responsibilities taken care of?

JS: It is important to try and be aware of each committee member's individual activity and how life outside Toastmasters affects their ability

to keep on top of their responsibilities. Everyone goes through times when work or family prevent officers from performing their duties; having a balanced Committee with a mix of skills in key officer roles helps cover the bases.

NK: Do you find the tools you are given from the organization of Toastmasters are useful or do you miss any kind of supporting material?

JS: I use the Toastmasters' materials minimally, preferring to gain support from other senior members of the Club, and, of course, from my fellow Committee members.

NK: Which advice would you give to future Presidents?

JS: Empower your fellow officers and your Club's members, but be aware of group dynamics and individual capabilities.

NK: Which is your next step in your leadership ladder?

JS: Immediate Past President, Prestigious Speakers. This means supporting the new Committee and, above all, the incoming President.

How is Toastmasters helping my career?

By Anna Bazyluk, Vicepresident Membership, Mallorca Wordsmiths



Anna Bazyluk, Vicepresident Membership, Mallorca Wordsmiths.

I have always enjoyed talking to people in one-on-one situations, but I never felt comfortable speaking in public. As a photographer, I knew that at some point in my career I would have to give a presentation about my work in front of a group of people. Toastmasters seemed like a perfect place for practicing. My last speech, working with visual

aids, was all about my work. I was a bit nervous, but I did it! A year in Toastmasters paid off. I have improved a lot and gained more confidence since I joined the club, but I also know that there is more, since LEARNING NEVER ENDS.

Anna Bazyluk is a member of Mallorca Wordsmiths Toastmasters Club. She is a pho-

tographer based in Palma specializing in child photography. You can view her work at www.annaslens.com.



Toastmasters International Speech Contests

By Sheila MacMillan, Treasurer & Secretary, Mallorca Wordsmiths

Why have contests?

To provide an opportunity for proficient speakers to gain experience, while allowing members to observe such speakers.

Why enter a contest?

Challenging, gets one out of one's comfort zone, and it's FUN!

Why be a speech contest official?

It's FUN, it fulfils Competent Leader manual requirements, and you **are** needed – contests do not organise themselves!

There are two contests a year:

- FALL -

Humorous Speech and Table Topics – both of these

end at District Level.

- SPRING -

International Speech and Evaluation Contest - the International speech contest goes all the way to the States in August.

Club: 1st & 2nd Club places of both contests go on to the Area

Area: 1st & 2nd Area places of both contests go on to the Division

Division: 1st Place Division Speech & Evaluation go on to the District

District: **District Winner Speech goes on to the USA contest.**

District Winner Evaluation –

goes no further.

For many, the best thing about entering contests / being a contest official is attending the District Conference. As well as enjoying some great speeches which inspire you, there is such a buzz from being with so many positive, enthusiastic, dedicated Toastmasters, that you cannot help but bring it back to your club.

For all you need to know: www.toastmasters.org – in search box enter "contest FAQ" – and that will bring up just about every question anyone has ever asked about contests. Also the 2012 Contest Rule Book is available on line.



Sheila MacMillan, ACB CL, Treasurer & Secretary, Mallorca Wordsmiths.

FOUNDING
TWO
TOASTMASTERS
CLUBS HAS BEEN
"VERY
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EXCITING AND
REWARDING".
DALE
BLAGROVE, DTM

Founding a Toastmasters Club for a specific community

By Natalia Kim, Prestigious Speakers, written from Dale Blagrove's advices

It's well known that one reason to develop and enhance the talents of public speaking and leadership skills is to support communities. We asked Dale Blagrove, founder of two Toastmasters clubs: NY Pride Toastmasters (New York, USA) and BCN Pride Toastmasters (Barcelona, Spain).

He describes the task of founding a club as being "very satisfying, exciting and rewarding". Since the very first moment, the Toastmaster Organization was clearly positive about the idea of creating a club openly destined for the LGBT (Lesbian-Gay-Bi-Sexual-Transgender) community. They asked: "What-can-we-do-to-help-you?". They said: "Go for it!"

And Dale did!

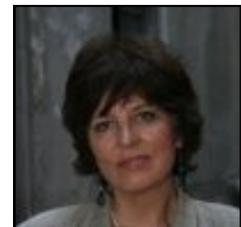
His intention was to "give back to the community" because he believes a Toastmaster Club is a good way to make members "get together; share creativity, and go beyond personal barriers". He advises, if possible, to found a club together with somebody else, like Cormac Walsh, who helped him found the bilingual club in Barcelona.

Starting a club takes time, dedication, commitment and enthusiasm. Dale admits that it took him "three months of research to start each club". And, he warns: "There is always a little politics involved in running the clubs".

Once started, he recommends that guests should attend three sessions of a club before taking the step to join because it is important that people understand what they are getting themselves into. It also shows the level of commitment of the potential member.

As for a club's economy he is clear: "The cash is necessary and good, but the supportive club culture and Toastmasters experience is more important."

There are currently twelve Toastmasters clubs specific for the LGBT community around the World, ten of which are in the USA, one in Canada and one in Barcelona.



Natalia Kim, Vice-president Public Relations, Prestigious Speakers.



Dale Blagrove, DTM founder of two Toastmasters clubs specific for the LGBT community: NY Pride and BCN Pride Toastmasters.



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Toastmasters - Where leaders are made

Upcoming events:

- February, 2012: Clubs' Speech and Evaluation Contests.
- March 17th, 2012: Area H1 Speech and Evaluation Contest (Barcelona)
- April 28th, 2012: Division H Speech and Evaluation Contest (Marbella)
- May 25-27, 2012: District 59 Spring Conference (Poznan, Poland). More info at <http://www.tmpoznan2012.org/>.

Find out about other Toastmasters District 59 events, as well as reviews of past District conferences at <http://www.district59.org/events/calendar/>

Results of the District 59 Fall Contests 2011

Information provided by The Clarion

ENGLISH

Table Topics Contest

1. Tamara Joyette, Cologne Toastmasters
2. Jo Ann Broger, Blackforest Toastmasters
3. Vera Orac, Prague Speakers Club

Humorous Speech Contest

1. Katarina Kultanova Kovalcikova, Vox Fortis Club
2. Manjana Saleh, Mercury Toastmasters
3. Jorge Crespo, Young Entrepreneurs Toastmasters

FRENCH

Table Topics Contest

1. Elena Sollewijn Gelpke, Berlaymont TM's
2. Johannes Schneider, Bern Toastmasters Club
3. Charlotte Mellot, Eiffelturm Club

Humorous Speech Contest

1. Lucienne Romani, CRFM Club
2. Sebastian Carriere, Ver-bissimo
3. Charlotte Mellot, Eiffelturm Club

GERMAN

Table Topics Contest

1. Christian Eggenberger, Rhetorik Klub Zürich
2. Ulrich Prüve, Adlershof Toastmasters Club
3. Alptekin Koc, Rheinredner Club

Humorous Speech Contest

1. Annette Eichler, Rheinredner Club
2. Sergej Tissen, Berliner Redekünstler
3. Carlo von Reumont, Munich Media Speaker

Toastmasters Clubs in District 59 - Area H1

Mallorca Wordsmiths

Every Wednesday, 20:30-22:00
Hotel Amic Horizonte, Palma de Mallorca
www.mallorcawordsmiths.org | mallorcatm@gmail.com

Barcelona Toastmasters

Every Wednesday, 20:00-21:30
EAE Business School, Barcelona
www.bcn-toastmasters.com | info@bcn-toastmasters.com

Prestigious Speakers

1st & 3rd Tuesday, 19:30-22:00
Casa Orlandai, Barcelona
www.prestigiousspeakers.com | info@prestigiousspeakers.com

HP Toastmasters Barcelona

Every other Thursday, 13:00-14:00
Hewlett Packard Sant Cugat del Vallès
hp-toastmasters-bcn.blogspot.com | benjamin.vogensen@hp.com

BCN Pride Toastmasters

Every Thursday, 19:30-21:00
Hotel Axel, Barcelona
www.bcnpridetoastmasters.com | info@bcnpridetoastmasters.com

EADA Toastmasters

Every other Monday, 19:00-21:00
EADA Business School, Barcelona
<http://www.eada.edu/es/comunidad/alumni/> | omilian@eada.edu

For more info visit:

www.toastmasters.org

Almeda Toastmasters

Every Friday, 13:00-14:00
CA Technologies, Cornellà de Llobregat
<http://district59.eu/portal.php?page=1&c=612> | kai.steinbach@gmail.com