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Aim high!

It's not how good you are. It's how good you want to be!

When I was much younger, I went each summer rock and mountain climbing in the French Alps. At first, I was filled with awe looking at those steep rock faces, at those snow covered peaks. I thought to myself: "I can't do that, this is certainly out of my reach!". Then I began to learn the techniques, to practice, to go step by step, to try and test my skills and my strength. Slowly I gained self confidence and came to dream that one day, I would be ready to experience the exhilarating sensation one can feel when reaching the summit, after long and strenuous efforts. So I set goals and went on practicing, until I could savor a beautiful sunrise from the top of a 4000 meter mountain, on a glorious July morning. I had won!

For some people, speaking in public is like Mount Everest: frightening, out of reach, much too difficult for them to even give it a try. And here comes my advice: when you think "It can't be done!", I say "Do it!". The higher the goal, the better the reason to go for it. So how good do you want to be? It all depends on you, it is a matter of personal choice. Your first step, as a Toastmaster, has been to deliver your Ice-Breaker: it was most certainly one of your biggest victories ever. Your nine next speeches give you an opportunity to acquire all needed speaking skills. Then what? Once a CTM, look at yourself: what a striking difference! Don't you think it's time for you now to get more involved in an organization from which you benefited that much? Set new goals for yourself: volunteer for an officer position in

your club's executive committee and strive towards excellence; be a mentor and help others bring the best out of themselves; enter your club contests and do your best to go as far as possible... See? It is very easy to "aim high" at each level in Toastmasters. But remember, don't look for the next opportunity, take the one at hand without procrastinating. A "perfect" moment doesn't exist: once you have decided on your objective, the moment to act has come for you.



We are about to embark together on a journey which will last until June 30, 2005. I will be your guide, assisted by a great team of knowledgeable and enthusiastic Toastmasters. All District officers are willing to serve you in order to make you happy and proud of being a Toastmaster in District 59. I personally pledge to do all I can to lead the District to the top, without leaving anybody behind, helping the tired, encouraging the shy or the depressed, praising the courageous. The goal may be far away and very high: we will reach it because we are together, we stick together and believe in each other.

***Your District Governor,
Odile Petillot, DTM***

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Word from the Editor

Fellow Toastmasters,
With this first issue of the Clarion in the new Toastmaster year 2004-2005, I wish you all good luck for a successful year.

I have some ideas for the content of the Clarion. However you are the ones who decide what you want to read. Any feedback is most warmly welcomed, as well as articles (also in French and German).

I take this opportunity to thank all those who contributed to this issue.

Ileana Christodorescu

May We Introduce Ourselves?

District Governor Odile Petillot, DTM

I joined Toastmasters in 1990 and was a charter member of French speaking club Forum des Rives de Seine in Paris. I created the club Newsletter "La Gazette du Forum" and was therefore "promoted" to be Vice President Public Relations. I have held every position in a club executive committee, have built a second French speaking club, Agora 75, and was also a charter member of the first bilingual (French/English) club The Europeans in Paris. I was awarded "Best club Newsletter" 1995-96 and "Toastmaster of the Year" 1998-99 by the Continental Council of European Toastmasters, the predecessor of District 59. I have organized and chaired two District conferences in 1999 and 2003 in Paris. I have been Distinguished Area Gover-

nor twice, then District 59 Public Relations Officer, and lately Lieutenant Governor for Marketing. Since 2000, I am also an active member of TMI official French translation committee. I received my DTM award in September 2003. I am now retired after having worked first as a German teacher and then as a carrier adviser. I have two adult children and five grand children, all living nearby and share three passions with my husband DTM Alain Petillot: **T o a s t m a s t e r s , w a l k i n g a n d o p e r a .**



Lieutenant Governor Education and Training Elizabeth Nostedt, DTM

Dear Toastmaster friends,

A Canadian Toastmaster in Sweden?

How does a Toastmaster from Canada end up in Sweden? Stranger stories have been told! Some seventeen years ago I decided to fulfill a major goal of mine to see the world. While I was on my around-the-world journey, I met a Swedish man. I was determined to finish my journey, but he kept showing up in different places to meet me. Was it luck? Coincidence? Or planning? Whatever it was, it somehow convinced me that I should have a look at Sweden.

I said that I would try to live in Sweden for a year or two. Now 16 years later, I am still here on the beautiful west coast of Sweden – Gothenburg, with my husband Thomas and my two children, Martina, 12 and Scott, 9 years old. I work as a Project Manager for IT and Business projects at Volvo Information Technology. In between work and family, I manage to fit in membership in three Toastmasters clubs.

Toastmasters started in Gothenburg, Sweden

When we decided to start a Toastmasters club here almost 10 years ago, I brushed off my old CTM manual and helped to

start the club. This year, Speech Masters will celebrate its 10th anniversary! Since then, we have gone on to start more clubs in Sweden. (We have a goal to have our own division soon in Scandinavia!)

District Experience

At the District Conference in Munich, I was voted in as Lieutenant Governor Education and Training. Thanks for your support. In case you missed it, I mentioned that I have served in almost every Officer role at the club level. I further organized a District conference in Sweden and a few years later in Copenhagen. I have been an Area Governor, and enjoyed it so much that it did it for two years. As well, I have served as District Secretary, Treasurer and Public Relations Officer.



Watch the next Clarion for goals and directions!

All for best for the coming Toastmaster year!

Lieutenant Governor Marketing Jim Phetterplace, ATMB

Dear Toastmasters of District 59,

What a pleasure it is to be greeting you in this first issue of the Clarion during my term as Lieutenant Governor of Marketing! For those of you who aren't familiar with the position, it means that I'll be monitoring and supporting the development of new clubs in our district.



My first action as LGM has to be to thank all of you who took the time to participate in the Spring District Conference in Freising and elect me on behalf of Toastmasters all over the district. Your kind words of congratulations and support were very welcome!

My second action should logically be to set out my plan for new club development during the next Toastmasters year. Deadlines for this issue have arrived before we set any concrete targets. However, I can assure you I intend to continue my predecessors' excellent work in making District 59 into the vibrant, award-winning district it's become.

All my gratitude to the outgoing board for their superb work in steering our district for the last TM year. I'm looking forward to adding my voice to the next one.

May We Introduce Ourselves?

Public Relations Officer Ileana Christodorescu, ATMB/CL

I discovered and partly re-discovered quite a few things about myself since I joined Toastmasters. My attending the first meeting happened, by the way, by chance. I had never been particularly afraid to speak in public—after growing up with a mother who was teacher. I even taught right after graduation, and my students were hardly 5 years younger than myself. “Le baptême du feu” as the French would say. You can hardly fear public speaking after such an experience. My main reason for attending that meeting was pure curiosity — the name Toastmasters sounded so awkward! I re-discovered thus that I liked to organize things, that I enjoyed being awarded. I discovered that I liked writing — this was a big surprise to me — in school, my essays were rather looking like bullet lists. However, the big-

gest surprise was still to come: I discovered the feeling of belonging somewhere. Born and grown up in Romania, I had spent several years in France and one in Austria, but I hadn't any particular attachment to any of these. I was belonging to the large world. I still do. But I discovered with amazement how important it was to me to carry the Swiss flag during the Flag Parade at the International convention in Atlanta last year. I discovered that when Ivan Moss, representing Switzerland, won his ticket to Reno, I felt as proud as if I'd had won that myself. I discovered I was belonging somewhere...



Secretary Nancy Jans, ATMB/CL

What can I say about my new function in the District committee? Undoubtedly it is much easier today than it was 5 years ago. With e-mail and internet, communication has become easier. At first sight, at least.

However, the key to all communication in the District is the directory and more precisely an updated one.

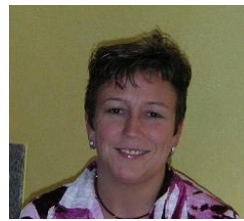
I want to make sure that my fellow Officers in the committee will not have to resend information because of wrong addresses. I'll try, with your help, to save them from the frustration of receiving “undeliverable” messages.

You can also count on me to produce District Executive and Council minutes.

Some of you might have met me during the last 9 years on one

of the Conferences. Being born and bred in Luxembourg might sound boring, but in Luxembourg we use a trick: instead of travelling around the world, we let the world come to us. No wonder that we are so used to switch languages. Something that led to an embarrassing situation during a Table topics contest in German: Stellen Sie sich vor Sie sind ein Baum. Beschreiben Sie uns Ihre Gefühle! And I started to reply in English!

Hope I'll find the right language to communicate with you.

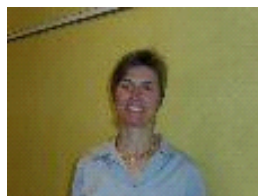


Treasurer Marika Cederberg

I studied International Business Administration at Lund University in the south of Sweden. While there, I wrote my final exam on the theme of customer/supplier relations on the Swedish truck market. My dream was to work for a truck company after graduation. To my great luck, I was employed by Volvo Trucks in Gothenburg, and I still work for the same company these 14 years later. I have worked with various tasks within the financial area - factory, market, and financial projects. Now I work with group accounting.

Although the old university city of Lund is a beautiful place, it was missing something - forests. But I found that in Gothenburg - forest, lakes and the archipelago (islands). As I enjoy outdoor life, Gothenburg is the perfect place for me. My partner, Pasi, and I live in an apartment next to a large nature reserve and outdoor area. We are able to take our Labrador dog Pluto for long walks there.

The morning is my favourite time, as I am an "early bird" and get out before anyone else and have the forest all to myself. As well, we have a small cottage with a garden, where we grow many different kinds of plants.



About ten years ago I received an email with an invitation to a meeting, where there would be information about an organisation called Toastmasters. The aim of the meeting was to form a new Toastmasters club, the first club in Gothenburg. When I read the mail, I felt chills running up and down my spine, because I understood that we who joined the group would have to go on stage regularly and give speeches. But at the same time I felt excited about the opportunity to at last face my fears of public speaking. I said to myself: "I can not let this fear of giving presentations stop me from getting on with my career - either I do something about it or I will have to say -"NO" to many interesting opportunities in the future. And this is a great chance!"

I became one of the founding members of that club - Speech Masters, where I served on the board as Treasurer. I now look forward to an interesting year ahead, both in the new club we are starting and in my new role as District Treasurer!



Toastmasters International District 59

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THE MISSION OF THE DISTRICT

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

- ◆ Focusing on the critical success factors as specified by the District educational and membership goals.
- ◆ Insuring that each Club effectively fulfills its responsibilities to its members.
- ◆ Providing effective training and leadership development opportunities for Club and District officers.

Matinée with European Speakers in Pardubice, Czech Republic

Music, dancing, theatre, parades, singing, a lot of games and fun – this described the city of Pardubice for three days and two nights on June 3-6, celebrating joining the European Union. Pardubice Enthusiasts were there too! Their “Matinée with European Speakers”, was a public meeting in a tent standing in the city park.

What a pity! It was raining heavily exactly for two hours of our programme, but we enjoyed the meeting very much. The tent was completely full of people, members of two Czech clubs, Pardubice Enthusiasts, and Queen’s Town Club and our dear guests from abroad, Carolyn, Catherine, Hedwig, Karin, Leo, Maria Theresa, Mary Frances, Paul and others.

We all enjoyed welcome speeches, an invocation, toasts of our guests and ten table topic questions concerning the EU and several topics about tolerance and communication. Two speakers presented their manual speeches. Thanks to Zuzana Grofova, ATM, CL we could learn a lot about a real international delicacy, chocolate. Leo Ziegler, ATM spoke about Toastmasters ideas and benefits that we have from TMI organization.

Just after the closing thought was finished, the rain stopped and the sun started to warm us. All the town woke up. People walked around the park. They curiously looked into our tent. We offered them refreshment and the basic information about the club.

Our dear guests could see the varied programme in other parts of the town. Leo and Hedwig Ziegler and Maria Theresa Salichs stayed with us till midnight. We listened to the Philharmonic Orchestra, danced the waltz in the square and watched fireworks.

What a marvellous day of celebrating joining the EU! You can regret you did not join us.

Vera Polakova, Vice President Public Relations, Pardubice Enthusiasts

Rules of the Game

We all agree, I think, that Toastmasters provides a permanent opportunity for learning. But how much do we really know about Toastmasters and how much do we know about the countries where Toastmasters clubs exist? If you want to find out, answer the questions beside and send me your answers (ileana_chris@bluewin.ch). Each issue of the Clarion will contain 5 questions, and the answers for the questions from the previous issue. At the end of the Toastmasters year, those with most correct answers will receive an award!

Looking forward to receiving your emails,

*Your District Public Relations Officer,
Ileana Christodorescu*

Quiz n° 1

1. Which are the three oldest clubs in Europe?
2. How many net new clubs (i.e. deducting clubs that have closed) have been added in the 4 years since D59 was formed?
3. The Swiss flag has a particularity which makes it different from all the other flags in the world. Which is this particularity?
4. Which is the largest country in Europe?
5. Where does the word “quiz” come from?



Questions provided by Ileana Christodorescu and Robert Cockburn