



SAN FRANCISCO TOASTMASTERS October 2011 Newsletter

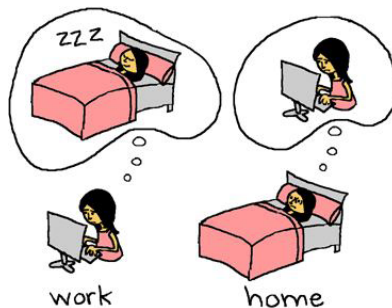
SFTM SQUARE

WHAT MAKES SFTM UNIQUE?

- A Thought Master enlightens us with his/her advice and wisdom at the beginning of every meeting
- A Tip Master provides insightful advice to becoming confident speakers
- We like economies of scale: our Word of the Day Master and Grammarian are combined into a single role
- We love going to happy hour at Palomino's after each of our meetings!

ZZZZZZ...

Recently sleep has been the subject of choice for many Thought Masters... If you missed it, here are a few ways technology can help:



- See the e-sunset light: use [F.lux](#)
- Optimize time with [sleppyti.me](#)
- Get the right vibe: use [pzizz](#)

Division E Contest Results (October 20)

Congratulations

Laure Williams,
2nd Runner-up
Evaluation Contest

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Area E1 Contest Results (September 29)

Congratulations

Laure Williams,
Winner
Evaluation Contest

and

Megan Tortorich,
1st Runner-up
Humorous Speech Contest

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Listening Tips
by Peter Bregman

Actually Listen
Don't multitask, don't think about what to say next: focus on the other person!

Repeat Back
Communicate and show that you listened

Ask
Explore thoughts and feelings to really understand the core and depth of the message

UPCOMING

Members-only Meeting

Nov. 2, 6:00-8:30PM - Charles Schwab, 215 Fremont St., Paris Room
Come voice your ideas and concerns about our club!

District 4 Fall Conference (incl. Humorous Speech and Evaluation Contests)

Nov. 12, 8:00-5:00PM - Embassy Suites: 150 Anza Blvd, Burlingame 94010
More info at www.d4tm.org

SFTM Holiday Party 2011

Dec. 7, 6:30-11:00PM - Oliver Richner's loft (Potrero Hill)

JOINT MEETING



Golden Gate Toastmasters and San Francisco Toastmasters joined forces on September 21



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MEMBER PROFILES

Robin Zander



Tell us about yourself in two sentences

My name is Robin Peter Zander. I was named after Christopher Robin (Winnie-the-Pooh's best friend) and Peter Rabbit.

People are often surprised to find out that...

People are often surprised to hear that I have performed in the circus and broken my neck!

Who has the strongest influence on you?

In my life I have been blessed with many magnificent teachers. All of these mentorships and friendships taught me how to trust myself. Today I am the most influential person in my life.

The list of readings currently by my bedside:

- *To Love Is to Be Happy With* by Barry Neal Kaufman
- *Power Dialogues* by Barry Neal Kaufman: His method of self-exploration is among the most effective in my experience
- *National Geographic*, November Edition I enjoy exploring the natural world
- *An interview of Jay Abraham* by Tony Robbins: I think marketing is often a useful way to reach people and create change, and I am interested in alternative perspectives.

What made you want to join SFTM?

I joined because I am very impressed with the level of authenticity encouraged among members. I am very interested in developing myself as a public speaker and workshop facilitator, and see the structured, organized environment provided by this Club as an excellent way to do so!

Thank you for making this experience possible!

Alex Hughes

How long have you been a member of SFTM?

About 6 years.

What motivated you to continue after all these years?

I was motivated by seeing my own progress and that of other members.

People are often surprised to find out that I ...

I missed my first two years of schooling to travel around Europe and South America with hippy parents.

What advice would you give to new members?

Be patient with yourself and stick with it. You will find that you get a lot better around speech 7. In the meantime, don't be too hard on yourself.

How does Toastmasters help you?

Most audiences have short attention spans and don't have patience for poorly organized thinking. Learning to be efficient yet engaging is an important skill, as is explaining complex concepts clearly. Toastmasters helped me do this much better.

In your opinion, what are the benefits of being part of SFTM?

I have always been impressed by the caliber of membership at SFTM. It's a way to surround yourself with positive people and overcoming a mental hurdle - the fear of public speaking- and whenever someone overcomes a hurdle like that, their confidence will grow, not just in public speaking, but in general.

What are you the most proud of?

In the context of public speaking, I led two summer leadership groups through Kaiser hospital, where I taught public speaking to high school kids. Both years, I could see that I reached a few of the kids and they walked away really inspired to be great speakers. It was as if they realized they could speak and be heard. I saw the empowerment in their eyes.

Newsletter created and co-edited by Cindy Yu and Laure Williams
Photography courtesy of: Albert Law (What Makes SFTM Unique?), Jean-Francois Roy (Joint Meeting),
ManageYourLifeNow.com (Zzzzzz...), Robin Zander (Member Profiles)