



## SAN FRANCISCO TOASTMASTERS September 2011 Newsletter

CLUB AMBASSADOR PROGRAM

*Become a guest, representative, and future leader all at the same time by becoming a Club Ambassador! Visit at least 3 clubs which you are not a member of, take notes of 3 things this club does differently and become a District 4 Club Ambassador!*

### WHY?

- Add vitality to SFTM by bringing fresh ideas
- A different approach and environment to give a speech or take a role
- Another chance to complete your CC and CL manuals!
- Become Ambassador of the Year

### 3 EASY STEPS

1. Print the Club Ambassador visit form
2. Have an Officer of the visited club sign your completed form
3. Send it to MichalPlatania@comcast.net, Club Ambassador Program Chair

Find nearby clubs at toastmasters.org

Please refer to co-VP Membership Paul Collanton for details

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### Club Dues (\$55)

Payment must be received by September 21

- Submit cash or check (payable to San Francisco Toastmasters) to Treasurer Oliver Richner
- Payable via Paypal (payments@sf-toastmasters.org)

### Golden Gate/SFTM Joint Meeting

Sept. 21, 6:00-7:30PM - Charles Schwab, 215 Fremont St., 8th floor

### Area D3 Humorous Speech and Evaluation Contest

Sept. 23, 6:00-7:30PM - Charles Schwab, 215 Fremont St., New York Room

### Area E1 Humorous Speech and Evaluation Contest

Sept. 29, 6:30-8:00PM - BoA: 1445 Market Street, 1st floor meeting room

UPCOMING

STERN GROVE



Fellow SFTMers & friends enjoying Brazilian & Cuban music



Anthony Hogan, Area E1 Governor, showing off his muscle!

### Contest Results (August 8)

Congratulations to  
**Jason Mack**,  
winner of both our  
Evaluation and  
Humorous Speech  
Contests!

### Runner-ups

Brian Ahlers (Evaluation)  
Megan Totorich (Humorous)

### Evaluation Tips by Mark Stiving (September 14)

#### Attitude

Relax: it's not about you, it's about the speaker and the audience!

#### Expertise

Even if you're not an expert, everyone should accept how you feel about the speech

#### Notes

Take them the same way every time for easy retrieval

#### Delivery

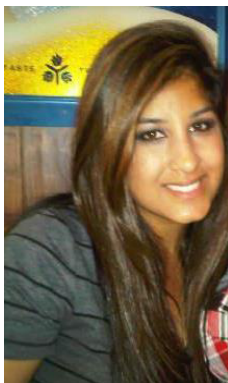
Suggest; Don't condemn  
Emphasize what's good in public / Mention additional areas of improvements privately



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**MEMBER PORTRAITS**

### Sofia Lalani



#### Tell us about yourself

I am from Michigan, spent the last 7 years in Arizona before moving to SF two years ago.

I am a scientist at heart, generally have disorganized thoughts and am constantly thinking outside the box. I am talkative, with a passion for life, and love making a difference in people's lives.

#### A fun fact about you

I love adventure!

#### How did you hear about Toastmasters?

From the co-VP of Membership, Megan Tortorich.

#### What motivated you to become a member?

Megan (co-VP, Membership) invited me to the Rainbow Toastmasters where she was a guest speaker and it got me really excited about the idea of conquering my fear of public speaking.

#### What are your expectations?

I want to improve on my ability to think quickly and articulate my thoughts.

#### What do you want to bring to the club?

Enthusiasm and energy.

#### What surprises you the most about our club and Toastmasters?

The number of guests showing up at every meeting.

#### So far, which speech topic most struck you?

The Humorous Speech Contest was by far the most entertaining.

### Matt Severaid



#### Tell us about yourself

I was born in Poland, came to the US in the 5th grade, and grew up in Sacramento. After graduation I was recruited by a company in Irvine. That job had some amazing perks but without the opportunity to make any "serious" money, I took a job in LA. Only 3 months after starting that job I met a girl from San Francisco, and 3

months after that fell madly in love with her and told my boss I needed to resign because I was moving to San Francisco. To my surprise he allowed me to work remotely and almost a year and a half later, I am getting married (this November).

#### A fun fact about you

In 2000, I was in national McDonald's commercials.

#### How did you hear about our club?

My step dad was a TM member 20+ years ago. On my first visit i knew this club was going to be a lot of fun. The energy is great, and the interaction between the various club members is fantastic. I am not only further developing myself as a person, I also enjoy the time we spend together.

#### What surprises you the most about our club and Toastmasters?

How brutally honest you are during the critiques. It is good as you always offer constructive criticism.

#### So far, which speech topic most struck you?

I place special value on any speech that shares the intimate feelings/experiences of the speaker. We all see the world a little different and I am intrigued to learn and interpret it through the experiences of others. I love the variety in culture and background of the various club members. I believe that this adds meaningful content to their speeches.