



Club Officers

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**Congratulations
Lyn'Al on earning
your Competent
Leader Award!**

LACE Review

District 5's Leadership and Communication Experience was held Saturday, November 1st. This all-day conference was a wonderful conference, based on the feedback of several members who participated.

From Joyce:

What I thought of the experience: EXCELLENT investment of \$\$, time and energy!!

What take-aways I learned: That physicality is vital to presenting / story telling.

I would definitely encourage others to attend next year. I found that being outside of my comfort zone of interacting with people who were not members of my club to be refreshing and valuable. Definitely planning to go next year!

From Kathy:

I learned techniques to help connect with my audience, through emotions, stories, pictures, and using what is already familiar to them. I also learned specific tricks of stage placement and body movement. In addition, the keynote speeches emphasized how to make myself part of a winning team by changing my own attitudes and perceptions. It was such a fun, uplifting day, and I'll challenge myself to use the tips and tricks I learned.

The keynote speakers were excellent. Mark Eaton shared his journey from high school, to auto mechanic, to UCLA, to All-Star center for the NBA's Utah Jazz, all because someone believed in his abilities and showed him how to achieve success. Mark talked about the "4 Commitments of a Winning Team", 1) know your job, 2) do what you are asked to do, 3) make people look good, and 4) protect others. He applied these four ideas to a winning basketball team, and further encouraged us to apply these ideas to life, careers, and family. His website <http://www.7ft4.com/> is an inspiring tool (yes, Mark is 7 '4" tall).

District 5's very own Barbara Khozam is TI's most recent Accredited Speaker (the highest achievement conferred by Toastmasters International...not all who apply will receive this). She presented "Ignite Yourself", an interactive journey focused on how we treat others throughout our day. She encouraged us to be extra nice to grumpy customer service people, and watch their service improve. Barbara also encouraged us to smile at strangers, and watch the smiles you will receive in return. Her website <http://barbarakhozam.com/> has more uplifting insights.

October Member of the Month – Jonathan Lockner



October's SOS Member of the Month was chosen for stepping up to volunteer.

Jonathan volunteered to give a last minute talk on October 1st and his talk was excellent. This speech was his last requirement to earn his Advanced Leader Bronze award. Thanks so much for stepping in at the last minute, and doing it so well!

Officer Elections for January-June 2015

It's time to start thinking about officer elections for our next term. Are you ready to step up to the challenge of guiding our club? You have incredibly successful role models in this term's officers. They can help you with your new officer role.

All officer positions are up for election, even though some of our current officers may also run for a repeat term. If you are interested, please ask the current officer, or go to our website sostoastmasters.com for role descriptions.

District 5 will host several officer training sessions, for you to learn your role and ask questions from other experienced Toastmasters. These training sessions are a chance to network and meet others outside of our club who have the same interests as you.

Interested? Please contact a current officer, a past officer, or the look at our website to see which role is a good fit for you. No minimum membership length required. Step up to the challenge! Let your opinions be known! Guide our club to yet another Distinguished Club Program award!