

Peak Speak: Apex Toastmasters Club Newsletter

Toastmasters International ❖ District 37 ❖ Division E ❖ Area 52 ❖ Club 8213
Apex, NC 27502 ❖ USA
Issue 2 ❖ December 2006
www.apextoastmasters.org



PEAK SPEAK

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Apex Club Officers

President:	Al Beam
VP of Education:	Bob Sackmann
VP of Membership:	Matt Healy
VP of Public Relations:	Rachel Minihan
Secretary:	Christine Sellers
Treasurer:	Jeff Martin
Sergeant of Arms:	Leo Gonzales

Club Info

Established May 01, 1996

Meetings held on Tuesday evenings from 7:00 – 8:00 PM

Spring Arbor Assisted Living Community
901 Spring Arbor Court
Apex, NC 27502

For more information about the Apex Toastmasters Club,
please contact:

vpmembership@apextoastmasters.org or
president@apextoastmasters.org

Newsletter submissions: ApexTMnews@gmail.com

District website: <http://toastmasters-nc.org>

Club website: www.apextoastmasters.org

Welcome Message

A great deal has happened in the past two months...

Leadership changes – Al and Bob taking on new duties, respectively as President and VP of Education. Thank you both for stepping up to the plate!

Speech Contest – Matt Healy placed second in District 37's Humorous Speech Contest with "Surviving Home Repair Projects." We are so very proud!

Welcoming new members – Alex and Maria Robertson; David and Saehee Carr; David Brendlinger; and Kyle Mankes

Additional note: Due to time constraints, I will be pushing the "Member Spotlight" feature premiere until the next issue of Peak Speak.

I hope you enjoy this edition of our newsletter – please feel free to send us information about contributions to future issues. Happy Holidays!

M. Christine Sellers, MBA
Club Secretary
Newsletter Editor



Send your newsletter contributions or ideas to
[ApexTMnews@gmail.com!](mailto:ApexTMnews@gmail.com)



Membership Corner

Questions

Why did you join Toastmasters? What prompted you to get outside of your comfort zone and go to a meeting at a strange location filled with strange people? What was the pain you were feeling that caused you to take action? Why did you come back?

Answers

The answers are that each of you joined Toastmasters for many personal reasons. The pain of a situation that is unacceptable to you caused you to take action. You are fortunate because you have chosen to take action to rid yourself of the pain or fear of public speaking. This last answer is the most important answer, while everyone joined Toastmasters because of a fear or a pain with public speaking the reason we come back again and again is the support and friendship we have found in our little group. The friendship and support of the group overcame our guests fear and pain.

The Point

When a guest comes to our meetings please tell them why you are there (pain & fear) and how this group has supported you in overcoming your issues. This is the beginning of friendship and support, which will encourage our guests not only to join Apex Toastmasters but also to continue to come back again & again.

Matt Healy, VP of Membership



Feature Article – Getting Around the Apex Toastmasters Club Website

*Tips, Tricks, and Frequently Asked Questions about the Site to Help You Find What You Want
When You Want It*

From the evening that I joined the Apex Toastmasters Club, I knew about the website for our local club (<http://www.apextoastmasters.org/>), but it has taken me nearly six months and lots of questions to really find what I need on it, when I need it. As such, the aim of this article is to share with you the “how tos” of tracking down and using the most crucial aspects of the website: information about you, information about other club members, and information about club meetings.

Getting Started: Logging In

When you first joined the group, you should have received an e-mail that contained your login information for the website. In the event that you’ve misplaced this or never received it, your login name should be firstname.lastname in all lower case letters. Use the “Forgot Your Login” link at the bottom of the Home Page in the left hand column to obtain your password. If you continue to have difficulty logging into the site, contact the Vice President of Membership for assistance.

Information About You: Your Profile and Goals

Your Profile

When you click on the “Meet Our Members” menu option on the left hand side of the web page, you will discover that each person in our club is listed here. For many of our club members, there is no information beyond their name. Updating your profile will easily change this.

1. Scroll to the bottom of the Home Page. In the left hand column, CLICK “Edit Your Member Profile/Private Member Directory.” LOGIN.
2. The page will open to your profile, available for editing. Here, you may view the various roles you have filled and update:
 - Title (This is to be used to enter any club title that you hold.)
 - Telephone
 - Email address
 - Password
 - Phone number
 - Public Bio (A paragraph about yourself that is posted in the “Meet Our Members” section of the website.)
 - Photo



3. CLICK “Edit My Information” to save your changes.

Your Goals:

Basically, this area is for you to track where you’ve been and where you are going. You can either make it private or share with your fellow members. For additional information on using this section of the website, please contact one of the club officers.

By keeping this information up-to-date, you not only let people know that you are actively participating in the group, you are also helping the group stay connected!

Information About Other Club Members: Contact Information

For a long time, I found myself only communicating with club members who had previously emailed me, because I didn’t realize that it was possible to locate a member’s email address or phone number by using the website. It turns out, you can.

To email the entire club at one time:

Use the apex@apextoastmasters.org email address.

To email the entire leadership team at one time:

Use the apex-officers@apextoastmasters.org email address.

To locate a specific club member’s email address or phone number:

1. Scroll to the bottom of the Home Page. In the left hand column, CLICK “Edit Your Member Profile/Private Member Directory.” LOGIN.
 - o The page will open to your profile, available for editing.
2. SCROLL down to view specific information, including clickable email links.

Additionally, there is a phone list (with cell phone numbers) that Leo Gonzales has been keeping up-to-date. This is not yet available online, but you can obtain a copy by talking with Leo.

Information About Club Meetings: The Weekly Roster

The weekly agenda is always available online. It can be found at <http://www.apextoastmasters.org/members/roster.cgi> or by clicking the “Duty Roster” link in the left hand column. You will need to login to view the roster.

This agenda is up-to-dated each week by the Vice President of Education. However, when you serve as the Toastmaster, you may need to update the roles as they change and re-send the roster.

To update the roster:

1. LOGIN.
2. At the top of the page, CLICK “Edit/Delete This Roster.”

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3. Use the drop-down boxes to **SELECT** the member who will be performing each role. **TYPE** in any information that you have about each speaker.
4. If you have additional information that you'd like to communicate to the group, **TYPE** this at the bottom of the roster under "Your Name Meeting Notes."
5. **CLICK** "Update/Save Roster" to keep your changes.

To send the roster:

1. **CLICK** "Duty Roster" in the left hand column and **LOGIN**.
2. **TYPE** your general message to the group in the "Add a Custom Message Below" field.
3. **CLICK** "Send Roster."

Aside from all of the administrative information that's available at <http://www.apextoastmasters.org/>, you'll also find links to the national Toastmasters site and articles that will help you further your success with Toastmasters, so take a peek. The site has lots to offer and everyone here is always available for questions.

Rachel Minihan, VP of Public Relations



Distinguished Club Program Mid Month End - November 2006 - Updated November 17, 2006

The Distinguished Club Program (DCP) is a corporate Toastmasters incentive to help clubs to be successful in the long term. Our President and/or Vice President of Education creates and submits a DCP plan and the beginning of every year. Our current plan indicates we should achieve these additional goals: "Additional CCs," "AC," "CL/AL/DTM," and "Officers Trained," which would bring out goal total to 8, thus qualifying our club as Select Distinguished status.

GOAL

Achieve any five of 10 goals
 Achieve any seven of 10 goals
 Achieve any nine of 10 goals

RECOGNITION

Distinguished Club
 Select Distinguished Club
 President's Distinguished Club

Club 8213 - "Apex Club"

District: 37 **Division:** E **Area:** 52

Membership Base: 23

Membership to Date: 22

		GOAL	ACTUAL	ACHIEVED
(1)	CCs	2	2	*
(2)	Additional CCs	2	1	
(3)	ACs	1	0	
(4)	Additional ACs	1	0	
(5)	CL, AL, or DTM	1	0	
(6)	Additional CLs, ALs, or DTMs	1	0	
(7)	New Members	4	4	*
(8)	Additional New Members	4	5	*
(9)	Officers Trained (both required)			
	June-August	4	6	
	and December-February	4	0	
(10)	Submitted on time (both required)			
	October or April Renewal	1	1	
	and Officer List	1	1	*
Total Goals Achieved To-Date:				4



Upcoming Special Events

Club Events:

Date	Time	Event	Location
December 5, 2006	8:10 PM	Apex Club Leadership Meeting	Spring Arbor Assisted Living Community 901 Spring Arbor Court Apex, NC 27502
December 12, 2006	7:00PM – 8:30PM	Apex Club Holiday Open House <ul style="list-style-type: none"> • Bring a friend! 	Spring Arbor Assisted Living Community 901 Spring Arbor Court Apex, NC 27502
December 26, 2006	NO MEETING	NO MEETING	NO MEETING
January 2, 2007	8:10PM	Apex Club Leadership Meeting	Spring Arbor Assisted Living Community 901 Spring Arbor Court Apex, NC 27502

District / National Events:

Date	Time	Event	Location
January 20, 2007	Registration starts at 8:00AM	Eastern TLI (Toastmasters Leadership Institute) <ul style="list-style-type: none"> • Club, AG & DvG officer training • Educational Sessions • District Executive Committee Meeting 	Wake Tech Campus, Raleigh.