

**CONTACT:**  
**Toastmasters District 45, Area 16**  
Caroline Bogart  
Assistant Area Governor, Marketing  
Amoskeag Better Communicators  
VP of PR  
(603) 429-1842  
[caroline@bogartcomputing.com](mailto:caroline@bogartcomputing.com)  
<http://www.ToastmastersNH.org/area16>



**CONTACT:**  
**Toastmasters International**  
PO Box 9052, Mission Viejo, CA  
92690-9052  
(949) 858-8255  
Fax: (949) 858-1207  
1-800-9WE-SPEAK  
<http://www.toastmasters.org>

**Facts About**  
**Amoskeag Better Communicators**

Meets Wednesdays, 6:30PM – 8:00PM  
1001 Elm St., Manchester, NH  
Lower Level, Gauchos Churrascaria/Nachos Taqueria  
Open to the public. Guests are always welcome.  
Dues: \$4/month (\$24 per half year)

**Facts About**  
**Top of the Town Toastmasters**

Meets Fridays, 11:30AM-1:00PM  
1155 Elm St., Fleet Bldg., NY Life, 8<sup>th</sup> Floor, Manchester, NH  
Open to the public. Guests are always welcome.  
Business attire required.  
Dues: \$5/month (\$30 per half year)

**Facts About**  
**Toastmasters of Manchester**

Meets 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays, 6:00PM-8:00PM  
1000 S. Willow St., Bickfords, Manchester, NH  
Open to the public. Guests are always welcome.  
Dues: \$4/month (\$24 per half year)

**Facts About**  
**Winning Speakers**

Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7:00-8:30PM  
2 North Lowell Rd., Windham Senior Center, Windham, NH  
Open to the public. Guests are always welcome.  
Dues: \$5/month (\$30 per half year)

**Facts About**  
**Payment Talkers**

Salem, NH. Open to Paymentech Employees only

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**Facts About**  
**Toastmasters District 45, Area 16**

- Composed of four public and one private club in New Hampshire
  - Public
    - Amoskeag Better Communicators, Manchester
    - Toastmasters of Manchester, Manchester
    - Top of the Town Toastmasters, Manchester
    - Winning Speakers, Windham
  - Corporate
    - Payment Talkers, Salem

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### **Facts About**

All Toastmasters Clubs

- **Club Mission**  
The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth
  
- **A Toastmaster's Promise**  
As a member of Toastmasters International and my Club, I promise...
  - To attend Club meetings regularly;
  - To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manual or the Advanced Communication and Leadership Program manuals;
  - To willingly prepare for and fulfill meeting assignments;
  - To provide fellow members with helpful, constructive evaluations;
  - To help the Club maintain the positive, friendly environment necessary for all members to learn and grow;
  - To willingly serve my Club as an officer when called upon to do so;
  - To treat my fellow Club members and our guests with respect and courtesy;
  - To bring guests to Club meetings so they can see the benefits Toastmasters membership offers;
  - To adhere to the guidelines and rules for all Toastmasters educational and recognition programs;
  - To maintain honest and highly ethical standards during the conduct of all Toastmasters activities.
  
- **Members Have Opportunities To:**
  - Gain speaking experience that relates to specific career needs.
  - Develop and practice leadership skills.
  - Sharpen their listening and evaluation skills.
  - Give regular impromptu talks on assigned topics.
  - Learn and practice techniques of effective public speaking.
  - Prepare and deliver formal speeches on subjects of their own choosing.
  - Learn proper parliamentary procedure.
  - Preside over meetings.
  - Gain personal confidence that will help when speaking to one person or one thousand.
  - Enter Toastmasters International's Annual Speech Contest, "The World Championship of Public Speaking."

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### **Facts About** **Toastmasters International**

- A non-profit educational organization.
- More than three million men and women have benefited from Toastmasters training.
- The world's leading organization devoted to the improvement and development of individual communication and leadership skills.
- Approximately 8,900 Toastmasters clubs and 179,000 members exist in the United States, Canada and 68 other countries.
- Thousands of corporation and government agencies sponsor in-house Toastmasters clubs as communication training workshops for their employees.
- Specialized clubs have been established at military bases, colleges and universities, churches and prisons, as well as among senior citizens, professional groups, bilingual groups, singles and the visually-impaired.
- Founded in October 1924 by Dr. Ralph C. Smedley at the YMCA in Santa Ana, California.
- World Headquarters located at 23182 Arroyo Vista, Rancho Santa Margarita, CA 92688; (949) 858-8255. FAX: (949) 858-1207.

### **Members Promote Effective Communication and Leadership in Their Communities by:**

- **SPEECHCRAFT** – conducting a “short course” in public speaking for adults in business, education, industry and government.
- **SUCCESS/LEADERSHIP PROGRAMS** – teaching educational modules in a how-to format on topics such as conducting productive meetings, effective listening, parliamentary procedure, evaluation, creative thinking, leadership, management and training.
- **SPEAKERS BUREAU** – helping other nonprofit organizations and community and government groups tell their stories to the community.
- **GAVEL CLUBS** – bringing Toastmasters training to prisons and other institutions.
- **YOUTH LEADERSHIP** – conducting public speaking training for junior and high school students

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### Facts About **Hosting a Toastmasters Club**

- Toastmasters members are also members of the business community
- Toastmasters becomes very convenient to your employees
- Clubs will target meetings to members' needs (using a microphone, giving a PowerPoint presentation...)

**SALES:** The prepared speaking portion teaches sales staff to hone their pitches and how to use all the tools (vocal variety, showing what you mean, organization) in making a verbal presentation. Table Topics teaches how to answer the tough question that a prospect or a client might throw out when you're least expecting it.

**TRAINERS:** Trainers master presentation and organization tools to make training sessions fun and engaging. They learn to put together an agenda and stick to it. They learn to manage difficult questions from the floor (Table Topics).

**MANAGERS:** Managers learn not just how to manage employees, but through effective communication, lead and inspire them. They learn how to give performance evaluations that provide real feedback for growth while still considering employees feelings. They lead in a volunteer environment in which they're forced to build consensus to achieve their goals because they have no real power over volunteers. They learn how to conduct productive meetings by setting an agenda and determining who really needs to be in attendance.

- Members spread the word about your organization
- Hosts are in prestigious company

More than 1,000 major organizations sponsor in-house Toastmasters Clubs as communication training workshops for their employees. These organizations include corporations, government agencies, military forces, nonprofit associations, educational institutions, churches, etc. The following is a partial list:

<u>Corporations</u>		
Axiom	Fannie Mae	Measurex Corp.
Aetna Life and Casualty	Farmers Insurance	Merrill Lynch
Alcatel	Federal Express	Microsoft Corp.
Alcoa	Federal Reserve Bank	Mobil Oil
Allstate Insurance Company	Fluor Daniel	Motorola
American Airlines	Geico	Nalco Chemical Co.
American Express	General Dynamics	Nationwide Insurance
Abbott Laboratories	General Mills, Inc.	National Semiconductor
American Family Insurance	General Motors	Nestle, USA
Anheuser-Busch, Inc.	Georgia Pacific	Nestle, Thailand
Apple Computer	Giant Food, Inc.	New York Life
Arthur Andersen & Company	Goodyear Tire & Rubber	Nortel Networks

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<p>AT&amp;T Australian Taxation Office Automatic Data Processing Avery Dennison Bandag, Inc. Bank of America Bank of Hawaii Barnett Bank Basic American Foods Baxter Health Care Bayer Corp. Bechtel Corporation Bell Atlantic Bell Helicopter Bendix Corp. Benguet Corp. Black &amp; Veatch Blue Cross / Blue Shield Boehringer Ingelheim Pharmaceuticals Inc. Boeing Bose Corp. Bovis Lend Lease, Inc. Brown &amp; Root Burlington Northern Santa Fe Railway Co. Canada Post Caterpillar, Inc. Charles Schwab &amp; Co. Chevron Citigroup CNA Insurance Coca-Cola Co. Conoco, Inc. Coopers &amp; Lybrand Dale Electronics Dataquest Deloitte &amp; Touche Delta Airlines Delta Faucet Devry Institute of Technology Digital Equipment Corp. Dow Chemical Dresser Industries Dun &amp; Bradstreet Eastman Kodak EDS Eli Lilly &amp; Co. Enron Corporation Exxon</p>	<p>Great West Life GTE Corp. Hallmark Cards Hartford Insurance HDR Engineering, Inc. Hercules, Inc. Hewlett Packard Hoechst Celanese Home Shopping Network Honeywell Hong Kong Bank Hughes Aircraft IBM Intel Corp. Intergraph Corp. International Paper ITT Hartford Jacobs Engineering Johnson &amp; Higgins Kaiser Permanente Kemper National Insurance Keycorp Kimberly-Clark Corp. Kinkos Corporate Headquarters Knight-Ridder Information KPMG Peat Marwick Kraft General Foods Kroger Liberty Mutual Litton Industries Lockheed Co. Loral Magnavox Mail Boxes, Etc. Marsh &amp; McLennan Martin Marietta Mastercard International MBNA Corporation McDonnell Douglas McGraw-Hill, Inc.</p>	<p>Northern Telecom Northrop Northwestern Airlines Pacific Century Financial Corporation Paramax Paychex, Inc. Pitney Bowes PPG Industries Procter &amp; Gamble Prudential Insurance Quaker Oats Corp. Raychem Corp. Raytheon Co. Robert Bosch Corp. Rockwell International Rodale Press Royal Insurance Rubbermaid, Inc. Safeco Insurance San Miguel Corp. Sandoz, Inc. Shell Oil Sprint State Farm Insurance Steelcase, Inc. Stone &amp; Webster Engineering Storage Technology Sun Microsystems Supervalu, Inc. Sverdrup Corp. Target Stores Telecom Australia Texas Instruments TIAA-CREF Travelers Insurance TRW Unisys Corp. United Airlines United States Postal Service UPS USAA USF&amp;G Insurance Walt Disney Co. Westinghouse  Worldspan Xerox 3M Co.</p>
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**U.S. Government**

Atomic Energy Commission  
Bureau of Alcohol, Tobacco, & Firearms  
Bureau of Indian Affairs  
Defense Mapping Agency  
Dept. of Agriculture

Dept. of the Interior  
Dept. of Justice  
Dept. of Labor  
Dept. of Transportation  
Environmental Protection Agency

National Park Service  
The Pentagon  
Social Security Administration  
U.S. Air Force  
U.S. Army Corps of Engineers

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Dept. of Commerce Dept. of Defense Dept. of Economic & Employment Dev. Dept. of Employee Services Dept. of Energy Dept. of Health and Human Services Dept. of HUD	Federal Aviation Administration Federal Communications Commission Federal Deposit Insurance Co. Food & Drug Administration General Services Administration Internal Revenue Service NASA	U.S. Customs U.S. Geological Survey U.S. Navy U.S. Patent Office U.S. Treasury Dept. UNICEF Veterans Administration
<b>State and Local Agencies/Departments</b>		
Austin/Travis County Bonneville Power Administration CA Dept. of Toxic Substance Control California Public Utilities Commission City of Atlanta City of Chesapeake City of Ft. Worth City of Honolulu City of Mesa City of Richmond City of San Francisco City of Tacoma City of Charlotte	Colorado State Dept. of Highways Columbus Health Dept. Connecticut Ofc. of State Comptroller Florida Dept. of Transportation Georgia Dept. of Labor Indiana Dept. of Transportation Lincoln Fire Dept. Los Angeles Dept of Water and Power Louisiana Sewage & Water Board Massachusetts Government Land Bank Minnesota Dept. of Transportation Equal Employment Opportunity Commission	Nebraska Dept. of Roads New York City Housing Authority Office of Illinois Attorney General Oklahoma Insurance Dept. Oregon Dept. of Transportation Oregon State Revenue Dept. Pennsylvania Dept. of Education St. Louis County State of Michigan Texas State Auditor Virginia Beach Social Services
<b>Educational Institutions</b>		
Alabama A&M University Australian National University Carnegie Mellon University Kansas State University McGeorge School of Law Northwestern University	Simon Fraser University Texas A&M Thunderbird UCLA Graduate School of Management Univ. of Texas Grad. School of Business	Universidad de San Miguel University of Canterbury University of Hong Kong University of Maryland- Baltimore County Chapter University of New Brunswick Wake Forest University Washington Saturday College Western Iowa Tech Community College