



PRESIDENT'S MESSAGE

It is hard to believe, but another year has passed in the POWERtalk world. It was a year of hard, yet rewarding work. There were many challenges, but I was ready to "Face the Challenge" as each merged, and I thoroughly enjoyed this year. I was able to visit with each Council and to experience how different each Council operates. We are different, but we are the same in our love for the organization and our desire for the continued success of POWERtalk International.

I am thrilled that the Sierra Pacific Region was able to recruit 11 new members this year. That is an encouraging sign and gives us great hope as we look forward to the next two years with the new SPR Board.

I want to congratulate Council 2 for winning the Outstanding Council of the Year Award. I know that it took a lot of effort from the Council 2 members in order to reach this achievement. All Council 2 members should be proud of this achievement and



Portia Munn
President

congratulate the Council 2 Board for their leadership this year.

I also want to congratulate

Council 1 for winning the Retention Award and Council 2 for winning the Growth Award. The Region will be well on the way to doubling our membership, if each Council keeps this up.

Did you know that we have two (2) Zenith clubs in the Sacramento Area? How wonderful is that!! We are training young people in the skills that they will really appreciate when they are older. This is also a great way to improve our public image in the community and let others know what we are all about. I want to especially thank Belinda Helms, Liz Hatch, Faye Corrin, and Mary Parks for their efforts working with the Zenith clubs.

This year we did something different with our fund raising efforts and had a ball at the Red

Hawk Casino. We were also able to raise over \$400 on this trip. So it was a very successful fund raising effort for the region.

I want to thank Annual Conference Coordinator, Carroll Lorbett along with Assistants Phil Lorbett, and Diane Folsom for their efforts in pulling together a great Annual Conference for the members. It was exciting, educational, and fun. We passed new amendments. There were great workshops. We showcased our talent with a Talent Show. We received great evaluations so I know that the members were pleased. I hope that you were able to attend. If not, you will see some wonderful photos in this newsletter to entice you to the next conference in 2013.

Thank you Region Board, Committee Chairmen, and members for making this a wonderful year.

Portia Munn
President, SPR



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NOTE:

Pacific Waves newsletter articles.

Due on: Publish Date

Aug 30, '11	Sept 3, '11
Dec 3, '11	Dec 10, '11
Mar 31, '12	Apr 7, '12
Jun 30, '12	Jul 7, '12

Please email in Word or Publisher format and allow time if mailing.

WE ARE HERE FOR YOU

According our Sierra Pacific Region Bylaws, *"The Purpose of this region is:*

- 1. To be responsible for the member clubs and councils where operating.*
- 2. Promote quality training in communication and leadership skills by coordinating the activities and assisting in the expansion of councils where operating.*
- 3. Support the framework of ITC by serving as liaison between councils where operating, and clubs-at-large.*
- 4. Assist councils where operating in the solution of problems of clubs and members."*

At our SPR Annual Conference last month you voted to change the officer's terms to two years and to hold biennial conferences. By your votes you said you wanted change. What changes do you want SPR to implement?

Venue contracts for the Fall and Spring Training Meetings have already been signed. ITC President Elect, Carol Preiss and other ITC Board Members are planning to participate in the Spring Training – This will be you opportunity to meet some members of the International Board of Directors. Although we will not be holding a conference in 2012, we will need to train the 2012-2013 council officers. Do you want to have an Annual Training Meeting similar to the Fall and Spring Training? Would you rather have this training at one of your council meetings with a workshop being presented during the same time for those who do not wish to attend the officer training? How can SPR assist your council? What other suggestions can and will you offer? Let me know your thoughts and suggestions at californiafaye@aol.com by August 24th so we can discuss your suggestions at the Strategic Planning Meeting, August 27th. Please keep in mind that we may not be able to implement all of them.

The 2011-2013 term is offering new challenges for Sierra Pacific Region. Let us ALL think outside the box - "Let Your Dreams Give You Wings."

Faye Corrin
President Elect



FRIENDLY REMINDER

At this time of the year, it is time to submit the Clubs' Annual Membership Statements. Club Treasurers I am here to assist you, if you have any questions. Please email, I will help you or find someone that can. We can do it together.

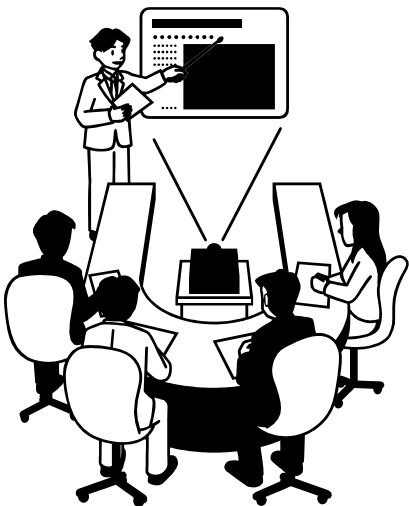
What do you have to do?

Complete the Annual Membership Statement that is on the POWERtalk International Website. Remember to save this form in your documents because you will need to email the completed form to Council Treasurer, Region Treasurer and International.

- Send a copy of your roster.
- Send a check to Region for your members dues
- Region Dues are \$15 per member. (Don't double charge your members if they are listed twice on the Annual Statement.)
- Due date is July 31, 2011, but send in as soon as possible

Let's have a great year

Robert Richardson, Treasurer



DONATIONS

Hello, Everyone

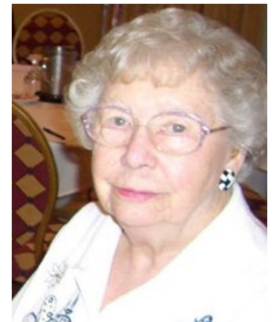


The Donation Committee wants to thank you all for another successful year. We raised \$614.00; that beat last year total. I want to thank all the clubs, councils, and region members who donated items that were raffled off. We had a great conference and I am looking forward to surpassing this years amount in 2013. Thank you all again.

Liz Hatch
Donations Chair
2010-2011

ELSIE BABCOCK

June 10, 1922—May 26, 2011



Elsie Babcock passed away peacefully surrounded by her family, after a long illness.

Elsie enjoyed traveling and one of her travels found her in Washington D.C. on Sept. 11, 2001.

She was President of many organizations including various International Toastmistress Clubs, Council 3, Sierra Nevada Region, National Association of Parliamentarians, California State Association of Parliamentarians.



She will be missed.

Sierra Pacific Region
2011 Annual Conference
Elections Committee Report

The election of 2011-2013 SPR Officers was held on June 3, 2011 in the Tahoe Room at the Woodfin/Hyatt Summerfield Suites in Emeryville, California, immediately following Business Session 1 of the Annual Conference.

An instruction sheet on voting procedures was supplied to the delegates at the Delegates' Briefing in the morning of June 3 prior to the business meeting.

An Elections room sign was posted outside the door of the Tahoe Room.

Delegates wearing their badges lined up outside the door. An Elections committee member allowed two delegates at a time to enter. Credentials were confirmed by having each delegate sign the sheet provided by the Credentials chairman on the appropriate line. Pencils and ballots were furnished. The setup allowed privacy for each delegate to vote. Following voting a committee member directed the delegates to the ballot box, where they deposited their completed ballot. They then exited the room.

Upon completion of voting the chairman and her committee counted the ballots and recorded them on the proper form. Fourteen (14) delegates voted. All absentee ballots were destroyed.

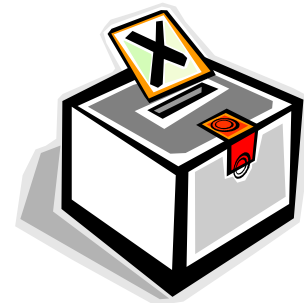
The chairman announced the election results after the speech contest in the evening of June 3 and again at the Business Session II the next day.

The officers elected for the 2011-2013 SPR Board of Directors and Nominating Committee were as follows:

President Elect Lynn Harrison
Treasurer Robert Richardson

The offices of Vice President and Secretary remain vacant.

Nominating Committee
Jennine Quiring, Council 1
Maria Trujillo Tough, Council 2
Beverly Harrison, Council 4



I wish to thank committee members Aubrey "Gail" Anderson, Alan Nakano and Shirley Figenshu who helped make this election a successful and smooth one.

Eileen M. Beresford
Election Chairman

The Annual Conference Speech Contest
By Alan Nakano, Speech Contest Chair

We had a spirited speech contest at this 12th Annual Speech Contest at the Hyatt Summerfield Suites in Emeryville on June 3. The contestants gave their rousing speeches to a packed crowd. The contestants were as follows:



Council 1	Pam Camp, Cadencia Communicators Word/Phrase: Beauty Title: "I Dig Dirt" Category: Speech to inspire
Council 2	Denise Cheeseman, Valley Communicators Word/Phrase: Climb every Mountain Title: "Climb that Mountain" Category: Speech to inspire
Council 4	Peter Gaposchkin, O.R.E.B Word/Phrase: Inspire Title: "Roman Calendar History" Category: Speech to inform

After all the judges' votes were counted Pam Camp was the winner and she will represent the Sierra Pacific Region at the Indianapolis Convention in July. Congratulations to all the contestants.



CONGRATULATIONS to Pam Camp of the Cadencia Club, Council 1. Not only is she the Speech Contest winner and will represent the Region at the International Contest, but she is the winner of two writing awards. She won for both poetry and non-fiction.

WHAT AN ACHIEVEMENT!!



HAVE YOU HEARD!
SIERRA PACIFIC REGION IS HOSTING THE
2013 INTERNATIONAL CONVENTION

In case you didn't get a chance to sign up for a committee at this years' annual conference; there is time. We are looking for members to accept committee assignment that you are interested in, want to have fun and communicate closely with POWERtalk International members from around the world. Contact Maria Trujillo Tough is find what is available. We also look forward to working closely with the incoming International President; Carol Preiss.

Maria Trujillo Tough, International Convention Coordinator 2013

**Sierra Pacific Region
12th Annual Conference
June 3 and 4
Emeryville, CA**

For those that got there early on Friday morning they caught Workshop #1, "Oh Say Can You See?", presented by Maria Trujillo-Tough, Thursday Morning Club.

Maria gave us tips for making overhead transparencies, concepts for graphics and layouts, electronic presentations, and much more. It was comprehensive, useful, and something one can apply immediately.

Carroll Lorbett of Council 4, Conference Coordinator, made sure the entire conference ran smoothly, and it did. Carroll always greets everyone with a smile, makes them feel all important, and throws in humor at the same time.

Portia Munn, Sierra Pacific Region President, called the meeting to order precisely on time and kept it moving until adjournment, covering a myriad of business and education. If one wants to be a good solid leader, Portia Munn is one to emulate.

A moment of silence was observed for Elsie Babcock of Valley Communicators, Council 2, Wanda Scott of OREB, Council 4, and Sue Habel of Cadencia Communicators, Council 1.

Total business, in round numbers, took 4 hours, education, 6, and total time in session, 17 hours.

Highlight was the Speech Contest. First place went to Pam Camp of Cadencia, Council 1.

Pam Camp of Council 1 won the Writing Contest in Poetry and Non-Fiction.

Newsletter recognition went to Shirley Figenshu of Council 1 (Freeway Flyer) and Denise Cheeseman of Council 2 (Two's News). Maria Trujillo Tough received kudos for her job on the Region Newsletter, Pacific Waves.

Best Council Award went to Council 2. PREM Awards: Retention went to Council 1 and Growth to Council 4. Everyone leaves a winner.

Education

Edie Eddens presented Workshop#2 - "Who's Raining on My Parade". This presentation involved conflicts in our lives and ways to resolve them.

Liz Richardson presented Workshop #3 - "Get Down and Boogie", involving working relationships with other members. Congratulations , Liz, for your lively, energetic presentation. No one dozes while Liz is speaking. She jolts you with her lively dynamic performance.

Doris Ginther, ITC Official Visitor and Division 1 Vice President, presented Workshop #4 - on "Expansion". Getting lots of ideas on starting new clubs, gaining new members in and about our Region.

Accommodations

The hotel and meeting rooms were excellent. The suites were luxurious. With a huge living room, bedroom, bathroom, dining area, and kitchen with a refrigerator, it was a steal for only \$119.

Meals were tasty, robust, and nourishing. We gained an extra ten pounds.

Total Registrations were 49. Pam Montague had everything well organized, complete with name tags, binders, goodie bags, brochures, and all the rest.

Election Results:

President: Lynn Harrison, Council 4

Treasurer: Robert Richardson, Council 2

Vice President and Secretary positions are currently vacant.

Congratulations to Lynn Harrison and Robert Richardson, You have our support, 100%.

Nominating Committee:

Jennine Quiring, Council 1

Maria Trujillo-Tough, Council 2

Beverly Harrison, Council 4

Credentials:

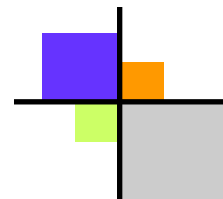
Total Delegates: 14

Raffle: There were many winners. Hiroko Saigo and Robert Richardson were among the winners.

Total Donations: \$614.00

Overall, everyone had a great time Facing the Challenge.

Excerpts from report to Council by Heidi Sakazaki



SIERRA PACIFIC REGION ADOPTED BYLAWS AMENDMENTS

There were 4 bylaws that the Delegates voted to change. The following were adopted and are effective immediately.

The new wording for each is underlined.

Article VII – Nominations and Elections, Section D. Term

1. Officers shall be elected for two years (2) and may serve no more than two (2) years in the one office or until their successors take office
2. Officers shall serve as provided in Article 7.D.1. or until removed by resignation, death or by adoption of motion by member clubs with notice and a two-thirds ($\frac{2}{3}$) vote.

Article IX – Meetings and Voting, Section A. Meetings

1. The members of this region may hold a biennial conference. The Fall and Spring training meeting may be held at the discretion of and at such dates as determined by the region board.

[Added new duties d. and e. to the PREM committee for membership](#)

Article XI Committees and Duties. Section B. Duties of Standing Committees

8.PREM (Publicity, recruitment, extension, membership)

The PREM or Extension committee shall:

- a. be responsible for supervising the development, promotion and coordination of publicity, recruitment, extension, membership and marketing activities throughout the region, as outlined in the ITC PREM Policies and Procedures Manual.
- b. develop the public relation program of the region.
- c. offer training in public relations techniques to councils where operating and assist them to organize and develop programs within their own councils.
- d. assist councils and/or clubs with membership retention and recruitment.
- e. maintain an accurate record of club membership.





Our gracious President Portia Munn presiding over all. Seated: Shirley Figenshu, Lynn Harrison and Robert Richardson



Council 1 members with patriotic song for talent contest



NO problem here. Part of dramatic presentation to "I did it My Way!"



Council 2—members who came for the fun! Yolanda, Alan, Utako, Liz, Maria, Hiroko, Heidi, Pam, & Irene



Liz Richardson and Doris Ginther, our ITC Visitor



SPR Board 2011-2013- Faye Corrin, President; Lynn Harrison, President-Elect; Robert Richardson, Treasurer; and Mary Parks, Parliamentarian



Some of the participants, Utako Kimura, Hiroko Saigo, Maria Trujillo, Alan Nakano, Pam Montague's hand and Peter Gaposchkin.



Listening to the beautiful arias of our own Edie Eddens. Seated: Doris Ginther, Shirley Figenshu, Portia Munn and Lynn Harrison.



Audience very attentive to informative workshops.



**SIERRA PACIFIC REGION
STRATEGIC PLANNING MEETING
“Let Your Dreams Give You Wings”**

SATURDAY, AUGUST 27, 2011 – 9:30 AM TO 1:00 PM
Registration: 9:00 AM
North County Corporation Yard
5026 Don Julio Boulevard
Sacramento, CA

**2010-2011 Committee Reports/Transfer of Books
2011-2013 Committee Planning
2011-2013 Conference Planning
2011-2012 Council Presidents
ALL INTERESTED MEMBERS**

R.S.V.P.
Robert Richardson, SPR Treasurer
296 Marina Park Way
Sacramento, CA 95831
Email: rrobert12@sbcglobal.net

Registration Deadline: August 20, 2011

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**Registration
COST \$10 (Make check payable to SPR)
(Includes morning snack, beverages and lunch: sandwich, salad, dessert)**

Name	Address
City/State	Zip Code
Telephone	E-Mail
Council	Club

Directions: From Interstate 80 east of Sacramento, take Greenback/Elkhorn Blvd. and turn west for about 1 mile. Turn right onto Don Julio Blvd. and take the first driveway on the right. The entrance to the room is located on the right side of the building.

2011-2012 Sierra Pacific Region Officer Visitation Schedule

2011-2012	COUNCIL 1	COUNCIL 2	COUNCIL 4	CLUB-AT-LARGE
AUGUST 2011	13 Treasurer	?? President		
SEPTEMBER 2011		17 Treasurer	10 President	
OCTOBER 2011				
NOVEMBER 2011	12 President Elect			
DECEMBER 11	NO MEETINGS	HAPPY	HOLIDAYS	
JANUARY 2012		21 Parliamentarian	14 President Elect	
FEBRUARY 2012	11 President			
MARCH 2012			10 Treasurer	
APRIL 2012	14 Secretary? Or President	21 President Elect		
MAY 2012			12 Parliamentarian	
JUNE 2012		16 President		

Mark your calendar!!
Save the Date!!



SPR FALL TRAINING MEETING

October 1, 2011

Hilton Garden Inn

221 Iron Point Road, Folsom, CA 95630

COST: \$40.00

Includes Registration, Morning Snacks, Beverages and a
“Trip to Tuscany” Buffet Lunch

Hotel Rooms: \$89.00

JOIN US FOR EDUCATIONAL WORKSHOPS AND GOOD FOOD

**COME EARLY AND STAY LATE TO ENJOY THE MANY
FUN ACTIVITIES FOLSOM HAS TO OFFER**

**SIERRA PACIFIC REGION CALENDAR
2011-2012**

AUGUST 2011	SEPTEMBER	OCTOBER	NOVEMBER
1 Website Update 13 Council 1 Meeting ?? Council 2 Special Meeting 27 Strategic Plan Mfg Board Meeting 30 News Articles Due	3 Pacific Waves Fall Training Info Council Perf Criteria 10 Council 4 Meeting 17 Council 2 Meeting	1 Roster Distributed 1 Fall Training Meeting 1 Board Meeting	15 Website Update 12 Council 1 30 Conference Call Board Meeting 7:00 pm
DECEMBER	JANUARY 2011	FEBRUARY	MARCH
3 News Articles Due 10 Pacific Waves Bylaw Amendments <ul style="list-style-type: none"> • Speech Contest Info • Writing Contest Info • Spring Training Info 	14 Council 4 Meeting 21 Council 2 Meeting 25 Conference Call Board Meeting 7:00 pm	11 Council 1 Meeting 25 Spring Training 25 Board Meeting	10 Council 4 28 Conference Call Board Meeting 7:00 pm 31 News Articles Due
APRIL	MAY	JUNE	JULY
7 Pacific Waves Annual Training Info 14 Council 1 Meeting 21 Council 2 Meeting	2 Conference Call Board Meeting 7:00 p.m. 12 Council 4 Meeting	2 Annual Training (?) 2 Board Meeting 16 Council 2 Meeting 30 News Articles Due	7 Pacific Waves

June 25, 2011



SIERRA PACIFIC REGION

“Let Your Dreams Give You Wings”

Council Performance Award Criteria 2011-2012

<p>Provide action plan for carrying out goals for Council or Club-at-Large by Fall Training Meeting to the regional president.</p> <p style="text-align: right;"><i>President awards points</i></p>	<p>25 points</p>
<p>Provide update to the status of the action plan report to the regional president by Nov 5, Jan 5, and Mar. 5.</p> <p style="text-align: right;"><i>President awards points</i></p>	<p>10 points for each timely report</p> <p>5 points for report not timely</p>
<p>Participation in Accreditation Program.</p> <p style="text-align: right;"><i>President-elect awards points</i></p> <p style="text-align: center;">[in consultation with the Accreditation chair]</p>	<p>10 points for each level achieved by a member</p>
<p>Provide a report on club officer training conducted to the president-elect by October 15.</p> <p style="text-align: right;"><i>President-elect awards points</i></p>	<p>10 points</p>
<p>Conduct workshops and/or educational presentations on various phases of leadership or communications. Provide report to president-elect no later than 14 days after the presentation. Workshops shall be a minimum of 45 minutes. Educational presentations shall be a minimum of 30 minutes.</p> <p style="text-align: right;"><i>President-elect awards points</i></p>	<p>10 points for each workshop;</p> <p>5 points for each presentation</p> <p>Maximum 80 points</p>
<p>Provide report on any PREM activities to the PREM Coordinator by Nov 5, Jan 5 and Mar 5.</p> <p style="text-align: right;"><i>PREM Coordinator awards points</i></p>	<p>10 points for each timely report</p> <p>5 points for report not timely</p>

Council Performance Award Criteria 2011-2012 (cont'd)

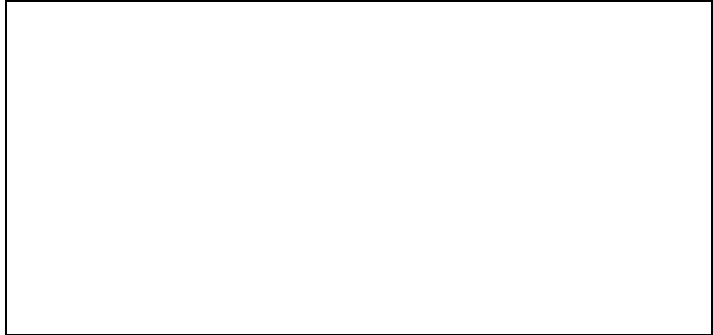
Retain membership level from 2010-2011 for the current year. Provide report to PREM Coordinator by April 15.	20 points
<i>PREM Coordinator awards points</i>	
Recruit new members. Provide final report to PREM Coordinator by April 15.	5 points for each new member
<i>PREM Coordinator awards points</i>	
Establish a new club or present PowerTalk training to public. Provide report to PREM Coordinator by April 15.	25 points for each new club or training program
<i>PREM Coordinator awards points</i>	
Within 14 days of a council meeting, provide to the regional secretary the minutes of the council meeting that is consistent with the format found in Robert's Rules of Order.	5 points for each meeting
<i>Secretary awards points</i>	
Report to the regional secretary on the status of members' addresses, e-mails, and telephone numbers by Nov. 5, Jan 5, Mar 5 and Apr 5. Reports of no changes to these items are also required and will receive 5 points for each timely update.	5 points for each timely report
<i>Secretary awards points</i>	
Provide the budget to the regional treasurer that is correctly formatted and mathematically correct by October 15.	10 points
<i>Treasurer awards points</i>	
Provide comparative statement that is correctly formatted and mathematically correct for the prior year financial records ending on July 31. Report due by October 15.	10 points for each report
<i>Treasurer awards points</i>	
Provide to the regional parliamentarian the current Bylaws and Standing Rules by April 15.	10 points
<i>Parliamentarian awards points</i>	



Coaching In Effective Speaking!

SIERRA PACIFIC REGION

Maria Trujillo Tough, Editor
Phone: 916.366.5599
Cell 916.203.3505
E-mail: mvtruj@aol.com



MISSION	The mission of ITC is to provide opportunities for self-improvement through progressive quality training in communication and leadership skills.
CREED	To foster free and open discussion which shall be without bias on all subjects whether political, social, economic, racial or religious.
ITC COLORS	Blue and Gold
ITC PLEDGE	We, as members of International Training in Communication, hereby pledge to improve our communication and leadership skills, in order to achieve greater understanding throughout the world.
ITC SLOGAN	ITC, the Power of Communication
ITC VISION STATEMENT	International Training in Communication creates a better world tomorrow by training communicators and developing leaders today.