

Toastmasters Gazette

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July 19, 2007

Our mission is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop and practice communication and leadership skills which in turn foster self-confidence and personal growth.

July 19 Meeting Notes

Our July 12th meeting was fairly well attended. We had 10 members and three guests. Our guests were Jamal Holleman and Lauryn Holleman (Cynthia's son and daughter) and Shea Lewis (Scott and Leone's Daughter). Though perhaps too young to become members we were glad they could be there to see what their parents are involved in.



The Meeting Theme was "Sharpen the Saw" (from Steven Covey - where you work to continually improve yourself physically, spiritually, and mentally).

The word of the day from Rick Sharon was "Kaizen" - a Japanese word that means "change for the better" or "improvement". As members of Toastmasters we are continually improving ourselves (and helping others to improve). The word was well used (though some uses were).

We had two speakers:

- John Cregger gave his Ice Breaker speech, titled "Who am I?" It gave a brief description of his life, starting with the Oklahoma blizzard of '71 through college and ending with teaching his daughter how to ride a bike.
- Cynthia Holleman gave an informative speech (didn't catch the manual project) on First American, her place of employment. She talked specifically about how property taxes are handled.

We had 4 table topics, provided by Deb Liptak:

- Does Chris Nichols think that "Hell" is endothermic or exothermic (those who have taken Thermodynamics would understand the question). He feels it is "exothermic".
- Does Cynthia feel that the federal government should promote public transportation or more efficient personal transportation. Neither - **it was Scott's Birthday** and she did a little birthday

song to get us in the mood.

- Does Jim Jameson feel that the world will be better or worse 100 years from now. He's not sure if the world will even be here.
- If Scott Lewis could go back in time (and not be able to return to the present) to when would he go? To the day he decided on going to college. However he would not go if there was a chance he would not meet Leone (ah, how sweet).

Member News and Profile



Chris Nichols lives with his wife of four years in North Richland Hills and has lived in the Dallas/Fort Worth area all of his life. In July 2007, he started employment at BNSF Railway as a Sr. Analyst in their Revenue Management department. He enjoys studying the Bible, working in the yard/garden, and spending time with his family and friends. He does not watch many movies, but he liked "The Matrix" trilogy because of the great special effects, and it really made him think. As for music, he likes almost any kind as long as it is not rap. He joined Toastmasters so that he could meet people in the community and work on his public speaking skills. He wants Toastmasters to help him become more comfortable speaking in front of small to large audiences.

Club/Area/District News

Toastmaster Leadership Summit coming up on July 21 at the IBM facility in Coppell, Texas. We still

July 5 Winners



Speaker John Cregger

Table Topics Jim Jameson

Evaluator Leone Lewis

Word of the Scott Lewis

have some officers who need training.

Start thinking about the upcoming Humorous Speech and Evaluation Contests. All members who are not district officers are eligible to compete in each contest. The club contest will be sometime in August or early September. If interested in competing please contact our EDVP, Toni Hendrick. More information to follow.

Key Elements of a Successful Speech/Presentation

These are the remaining tips from Bo Bennet, DTM:

- **Try to keep your speech under 20 minutes.** Several studies have shown that 20 minutes is about the maximum amount of time listeners can stay attentive, after that, the attention levels begin to drop. Speaking is more stimulating than listening so although you may be excited to talk for longer, the chances are your listeners are ready for a break.
- **Establish credibility.** Who are you to speak about the subject on which you are speaking? Why should your audience listen to you? Establish your credibility by sharing your credentials with the listeners in a tactful way. For example, "When I was President of XYZ Corporation...", not "I was once the President of XYZ Corporation."
- **Have a strong introduction and a strong conclusion.** The introduction should be used to gain the attention of the listeners and persuade them to listen to your entire presentation. You are essentially selling them on why they should listen. Be sure you address their needs and not yours. The conclusion should consist of a powerful statement, quotation, anecdote, or other attention grabber. Never end a speech with, "that's all."

Next Week's Major Players

Toastmaster Sanjay Kumar

Table Topics Leone Lewis

Speaker Stephanie East

Speaker Cindy Breaman

- **Have a second conclusion prepared.** After a speech or a presentation usually comes a question and answer period. Once the questions stop coming, it is best to end on a strong note. This is a great time to get your "last word" in.
- **Act on every opportunity you can to speak.** Anxiety of speaking is best subsided by experience. Also, volunteering to be the one who gives the speech will get you noticed and you will stand out as the leader. Join your local Toastmasters club (toastmasters.org) for some really great practice.

See all of Bo's tips at:

http://www.freetoasthost.org/A_Quick_Guide_to_Public_Speaking.html

Joke related to the Meeting's Theme

Foreman: What'cha doin', Louie?

Louie: I'm sawin' these planks, boss... got a **bunch** of 'em to do!

Foreman: Ummmmm, yeah... Louie, I can't tell for sure from this angle but it looks like your saw's kinda dull.

Louie: Eyes of a hawk, boss... I seen better edges on butter-knives!

Foreman: Ummmmm, yeah... so tell me, Louie, if you don't mind my askin'... why don'cha sharpen the saw, then?

Louie: Oh, I can't do that **now**, boss... I'm too busy cuttin' these planks!

Web Sites of Interest

Keller Communicators web site:

<http://keller.freetoasthost.org/>

District 25 web site:

<http://www.d25toastmasters.org>

Toastmasters International web site:

<http://www.toastmasters.org>