

Toastmasters Gazette


Volume 4, Issue 34

February 29, 2008

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.

February 29 Meeting Notes

We had okay attendance; started low but ended at sixteen. Once returning guest, Tory Hanlen, who has expressed interest in joining.

Scott Lewis was our Toastmaster for the meeting. The theme of the meeting was "family." The word of the day was provided by Bill Milligan. It was "shlumpadinka". Coined by Oprah Winfrey, it represents a woman who has "given up on herself completely, and it shows." Frumpy and shlumpy could also apply. I guess men aren't given a similar title.... though there are some who... oh well, never mind.... 



Steve Liptak was our first speaker. His title was "Searching for a Milestone in Parenting." He and his wife had a family creed that they tried to teach to their children - "know how things work". If you know how things work you can work your way through life. His three children has very different responses to this creed.



David Watkins was our second speaker. He did a practice run for his International Speech contest on February 29. His title was "The Lighthouse". Each one of us has a personal lighthouse that can help us stay on the right course and avoid crashing on the rocks. 

Table Topics were provided by **Deb Liptak**.

- **Toni Hendrick** was to describe an all night party she attended without her parents knowing. She didn't (she was a good kid). She did spend one night reading. Her next day as school was a "disaster".
- **Chris Nichols** was to describe a time when he and his parents argued over money. He had made a commitment to work one evening and his parents didn't want him to go (he went because he made a commitment).

- **Jon Atwood** was to describe a childhood fear he overcame. It was roller coasters (just avoids them).
- **Karen Finn** was to describe when she did something for which she should have been punished. She made up a story about teaching her 8-year-old brother to drive (did she really make it up - sure did seem to come easy to her....).

Club/Area/District News

DUES ARE DUE!!! If you haven't paid your dues please do so. 

Current District promotion - For those who achieve their competent communicator they will receive an additional two advanced manuals from the District (Toastmasters sends two already).

Motions that were made and seconded:

- Previously tabled motion on "**Reduce the amount of club dues since we have so much in the treasury.**" The motion was tabled to next week's meeting.

Area 15 Contests are on **March 14th** (Friday evening). The social time begins at 5:30. Contestant briefing is at 6:00. Contest at 7:00. The contest will be held at HEB Central Market Community Room (in Southlake). Volunteers are needed.

The **Division A Contests** are on **April 19th**. They will be held in the BNSF Viewing Gallery (pretty neat

Winners

Speaker Steve Liptak

Table Topics Toni Hendrick

Evaluation Cynthia Holleman

Word of the Day Several use it but no winner



place if you've never been there). More information will be forthcoming on the contest.

The **District Spring Conference** is also approaching. It will be held **May 2nd and 3rd**. The winners of the International Speech and Tall Tale Contests will eventually compete here. More to follow or head to the **District 25** web site to learn more.

Outstanding Officer Nominations for July 1 through December 31 are being accepted. You can go to the District's web site to submit the nominations on-line. Deadline will be soon for Area 15.

To submit a nomination please go to:

<http://www.d25toastmasters.org/awards/index.htm>

and follow the directions.

If you have any questions or issues that you feel should be addressed please contact one of the officers. We have an executive officer meeting coming up on March 6.

Tips from a Toastmaster

by Dianne Lawson, ATM-S
Toastmaster, August 2007

Dianne talks about the ten things she learned from Toastmasters.

1. **Eliminate audible pauses.** Audible pauses are distracting, annoying, and make you sound unsure of yourself. The more prepared you are and the better you know your speech, the fewer audible pauses you will have.
2. **Get rid of distracting mannerisms.** Repetitive mannerisms or actions like adjusting your glasses or flipping your hair will distract the audience (as in, "I don't know what she said, but there were 6 hair flips and

Next Week's Major Players

Toastmaster Chris Nichols

Speaker 1 Scott Lewis

Speaker 2 Ted Martin

Table Topics No one yet

three ring turns"). Have the evaluator and others provide feedback on any mannerisms you have.

3. **Don't call attention to notes.** Moving or rustling your pages can be distracting. Do not staple them together or flip them when finished. Simply slide them from one side of the lectern to the other.
4. **Speak at an appropriate volume for the room.** Be sure all the audience can hear you without blasting the people in the front rows. Have a trusted friend or Toastmaster sit in the back and give you a sign if you can or cannot be heard (and then remember to look at them).
5. **Practice giving your speech within a specified time limit.** When you practice be sure to have a timer or clock to watch. Going over in the club can be bad enough - it is worse when you lose a contest because you were over or under on time.
6. **Never apologize.** When a speaker starts by apologizing, the speech begins on a sour note. You should not set up the audience to expect a poor speech.
7. **Enter contests.** Entering contests is probably the quickest way to improve your skills. The author always watches the winners and losers to see what to include and what to avoid.
8. **Arrive early when you are speaking.** It helps you relax if you know you will be on time and that the room will be set up to meet your needs. Arriving late will cause your

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>

Greater Keller Chamber of Commerce:

<http://www.kellerchamber.com/>

adrenaline to be up and you will probably not be able to give a relaxed speech.

9. **Read your speech out loud several times beforehand.** If you are not sure how to pronounce a word look it up so you will be able read smoothly. Practice reading the first part of each sentence and then looking up at the end to make eye contact.
10. **Enjoy yourself.** Remember that Toastmasters is a safe place to learn. So try to calm your nerve before giving a speech by taking deep breaths and then relaxing and doing the best you can. Your Toastmasters club members want you to be successful.