



# The Patter

A Publication of Postprandial Toastmasters

Providing a positive learning environment with the opportunity to develop communication and leadership skills which foster self confidence and personal growth.

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## A Message from the President...

Well, 2011-2012 is off to an exciting start! Our picnic was an incredible--although incredibly hot--event and it was fun to socialize with fellow members in a less formal setting. Thanks to Erin McCormick, a heroine, who pulled off a great event. And a special thanks as well to Paul German, who on such a sweltering evening tended the fire and cooked up a mass of hot dogs and hamburgers. Both Erin and Paul are great examples of what it means to embrace our theme for the year, "Of what service can I be?" Service to others is so important to what we do as Toastmasters, whether it's coaching another on a speech, offering a ride to or from a meeting, helping set up the room before a meeting, or sharing Toastmasters with friends and colleagues.

This Executive Committee participated in the semi-annual Leadership Training in Lima, NY. The program was interesting and I am excited about some of the initiatives that we will be seeing from our area and from Toastmasters International this year. The new Toastmasters International branding was launched at the annual conference August 17-20 in Las Vegas, Nevada. Also, as mentioned in our recent meetings, there is an exciting Area contest and we could win a brand new banner! All we need is 20 members to pay their dues for the full year by October 1, 2011. I am committing to this and would love to see our club win a new banner, one that honors our rich history and shows off the Toastmasters future! (Continued on P4)

## Glossophobia:

**Fear of public speaking.**

**From the Greek "gloss" meaning tongue and "phobia" meaning fear or dread.**

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## Communication Achievement Award Recipient Adele Bovard

At the June 22, 2011 Annual Awards Banquet, Postprandial Toastmasters awarded the prestigious Communication Achievement Award to Webster Superintendent of Schools, Adele Bovard.

This award is presented annually, "To a member of the Rochester community who has distinguished himself or herself as a leader or spokesperson for a worthy cause, who through, word and deed, epitomizes exceptional accomplishment within his or her field of endeavor." (Continued on P2)



## Communication Achievement Award Recipient—Continued

Prior to becoming the Superintendent, Adele was a school administrator for 17 years. As an educator, Adele has a background as a music teacher. In her acceptance speech, Adele spoke of the importance of “playing to one’s strengths.” She also shared stories of her experiences in becoming a leader. Adele showed us that by exhibiting leadership skills to problematic students, and their parents, she has been able to be a model leader for her staff.

Thanks to Dr. Matt Buffan for this excellent nomination and Congratulations to Adele Bovard, the 2011 Postprandial Communication Achievement Award recipient



## Toastmaster of the Year Award

The Postprandial Toastmaster of the Year Award is presented annually to a member exemplifies the qualities of a model club member and contributes to the overall vibrancy and success of the Postprandial Toastmasters Club.

Members, who actively participate through the delivery of formal speeches, perform meeting roles throughout the year, and give service to the club through leadership roles,

are nominated and presented for consideration to receive the award.

This year’s recipient is Bill Self. Bill was nominated by Paul German who most eloquently spoke Bill’s praises. Bill was the VP of Membership for 2010 and continues to be one of the club’s most sought after mentors.

Congratulations Bill!



*“A fool may talk, but a wise man speaks.”*

*Ben Jonson*

## Tips for Toastmasters Table Topics Survival Techniques\*

\*This article contains material that was shamelessly lifted from Toastmaster G.Torok, Skyway Club, Canada!

Let's face it, we've all been put on the spot at one time or another. You are caught off guard and have to make a comment or a speech or provide input on something you are either totally or somewhat unprepared for. Table Topics is the perfect environment to prepare for those situations. The following is a list of points that can help you prepare for the next time you are called on for Table Topics which, as we know, prepares us for the real world situations that require impromptu speaking.

### Survival Guide to Table Topics

1. When you first hear the topic, smile, it will make you feel good and look confident.
2. Immediately decide if you strongly like or dislike the topic. Go in that direction; your emotion will fuel your thoughts.
3. Begin by stating, "There are three things that come to mind about this topic." Even if you can't think of three things when you start, As you speak you will search for 3 key ideas and thus give your response apparent structure.
4. Try the Pro vs. Con method. State the pros, then state the cons. Then clarify your position, by supporting one side or the other.
5. When your mind goes blank and you don't know what to say next, smile, look at the audience and pause (breathe). The audience will review your last words and reflect on how profound they were. This will give you time to plan your next words.
6. If the pause and smile don't get you going, repeat the topic or your last point in a different way.
7. Look for a lesson in the word; relate it to a book you've read, a TV show, daily news, your work or your hobby.
8. Bring your family into the topic. It is a universal way to relate to people. When you talk of family, be sure to use their names, it creates a stronger emotional picture for the audience.
9. Use the topic as a channel to your main message. Politicians do this all the time. Make the transition smooth and the audience will go with you.
10. Use humor. When the audience laughs with you, they relax and so do you.

***"The only time  
you mustn't  
fail is the last  
time you try"***

***Charles  
Kettering***

Postprandial Toastmasters  
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Interested in Learning More  
 About Toastmasters?

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Postprandial Toastmasters Meets  
 Every Other Wednesday at:

Sanibel Cottage  
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 Webster, NY 14580

**With over 50 members, Postprandial is one of the strongest Toastmasters Clubs in the Rochester Area. It's also one with a long, rich history going back over 40 years.**

**Established in 1966, Postprandial has taught speaking and leadership skills in the Rochester Area. A member club of Toastmasters International (est. 1924), Postprandial actively promotes the Toastmasters 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."**

**President's Message Continued from Page 1**

One last thing from me, this year, as we always do, we are using the Distinguished Toastmaster Plan as a guide for our direction throughout the year. Recall that to achieve President's Distinguished designation Postprandial strives to achieve all 10 goals. One month into the year and we already have part of two goals achieved and with your help, we will have October dues submitted on time, thus achieving our first point! Throughout the year, I'll use this space to keep you informed about our progress. So, as you think about your Toastmasters goals for the year, think about how you can benefit the club as well. If you are close to earning your next designation, discuss it with our Vice President of Education, Bob Ligenza. If you want to invite guests, bring them in!

Standard	GOAL	PROGRESS	ACHIEVED
CCs	2	1	
Additional CCs	2	0	
ACs	1	0	
Additional ACs	1	0	
CL, AL, or DTM	1	1	
Additional CLs, ALs, or DTMs	1	0	
New Members	4	0	
Additional New Members	4	0	
Officers Trained (both required)			
June-August	4	5	
December-February	4	0	
Submitted on time (both required)			
October or April Renewal	1	0	
Officer List	1	1	

I'll leave you with this: tell someone this week about Postprandial. You never know who might want to join us for a meeting...or many.

