



The Patter

Club Anniversary Month

Postprandial Toastmasters
Better Speaking for Life

Club #3259, District 65
Rochester, NY

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

The President's View

by Gil Stern, ACG

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Where were you 42 years ago? Personally, I was only two and have no recollection where I was in November of 1966. Many of our members fall into a similar category and it occurs to me that a number of our members were far from even being born. Still, it was 42 years ago that Postprandial was chartered and became a Toastmaster club. Postprandial has a long and rich history, from our founder—Ray Tardiff, DTM, whom we honored at last year's banquet, to Pat Panfile, the only member of District 65 to serve as International President, and to all of you, who are members in this day.

Regardless of whether or not you have a recollection of 1966, it is important to have an understanding and appreciation of the club. Postprandial was firmly planted with a solid foundation and our members are committed to our success that stems from our rich heritage. To ignore the club's legacy, would be like Barack Obama ignoring the importance of George Washington, saying, "Why should I care, I wasn't born yet". That argument has absurdity written all over it and does not project a continual plan for success

Many of our members, through the years, have gone on to serve as District officers. We continue to gain the coveted Presidents Distinguished Club (DCP) award from Toastmasters International and last year, we were the first club in District 65 to be distinguished. Postprandial members, who compete in contests, often do very well at the different levels.

Today's members carry on the legacy: knowing that it is important to regularly attend meetings, to prepare ahead of time for a meeting role, to make sure to find a replacement if you can't fulfill a meeting role, to greet members and guests, to be willing to pick up a phone and call members. All of which ensures that we maintain our desire for excellence.

While I truly believe we are the best club in District 65, if not all of TI, I also encourage you to attend meetings of other clubs and see how they do things. We certainly can learn from other clubs. We often adopt practices that we believe will make us even better. This year for example we started a practice of giving new members a standing ovation after the icebreaker speech. This was implemented after seeing it done at other clubs.

Yes, Postprandial is Forty something now—Happy Anniversary—and I am happy to have been a part for the past 13 years. I look forward to my next 13 years with the club, with all of your right beside me, and to the clubs next 42 years.

Educationally Speaking

by Bill Self, ACS

Get ready! We are planning several special meetings that you don't want to miss. The end results will be a lot more variety and opportunities to get better, and better as speakers.

On December 6, 2008, we will conduct a Saturday morning session aimed at the skills needed to be successful at the International Speech contest. We will show videos of previous World Championships of Public Speaking and will let you select the winners and non-winners. We will also evaluate all of the speakers and decide what elements made their speeches successful. This fun morning will prepare us for the Club level International Speech contest, scheduled for February 18, 2009. *Continued on Page 2*

Postprandial Toastmasters Club 2008-2009 Officers

President, Gil Stern, ACG•V.P. Education, Bill Self, ACS•V.P. Membership, Dave Pope, ACG•V.P. Public Relations, Melinda Bessey, CC,CL• Treasurer, Al Turrof, DTM, PDG •Secretary, Kelly Roland, ACG, CL•Sergeant at Arms, Ed Oberhofer, CC

DTM Perspective By Tim Gribben, DTM

When I first joined Toastmasters, DTM, was just another designation. Three letters that had no influence or impact on me at that time. CTM seemed remote but possible, sitting up there on a plateau after a ten speech climb.

It wasn't until well into my 2nd ascent with Postprandial and Toastmasters that I really began to see the DTM peak clearly and what I had to do to achieve that pinnacle.

My 1st ascent was back in the good old days, when Al Tufo was just a young up and comer at Postprandial. Pat Panfile and Ray Tardif were founders and mainstays of the club. I joined in the spring of 75 and remained a member until 1980. During that time I was inactively active as my career took me away from Rochester for 2-3 week periods at a time making it impossible to take full advantage of this Toastmaster opportunity. Consequently I was unable to complete the basic manual. DTM was not even a sparkle on the distant horizon.

In 1994 I had an epiphany, "Go back to Toastmasters and Postprandial". So I did. Showed up at a meeting, was welcomed by Ruth Kelly, she became my sponsor and shortly thereafter I rejoined. I began at the beginning with my Ice Breaker speech and sights set no higher than a CTM, as that was as far as I could see. DTM's were all around but for me it was an unseen peak in the distance.

I along with other DTM's take pride in having a fruitful and exotic imagination but vision is not something that comes naturally. This time around all I knew was that I wanted to improve my speaking skills, build my confidence and share in the camaraderie.

Fortunately Toastmasters provides the materials and support for vision challenged persons like myself. They lead you along the way. Things were slow at first. I am not a "fast track" person and plodded along to get my CTM and 1st ATM designation (bronze). That took 4-5 years, but after that I picked up speed as I could see that DTM peak in the distance now. It appeared within reach and so I began the trek in earnest.

The criteria to achieve DTM is not easy, and rightly so, it requires a commitment of self to club and Toastmasters. TI Headquarters takes a keen interest in maintaining the prestige of the DTM designation so verification of the various criteria is authenticated.

In the end it is well worth it, not just for the recognition it brings, but also for the satisfaction of accomplishment in achieving the highest recognition offered by Toastmasters International. In this accomplishment as we know the work and effort it took to achieve this milestone. I encourage everyone of you, at your own pace, to consider the commitment. It will be highly beneficial to you, your club and Toastmasters.

Educationally Speaking cont'd

December 10, 2008 will be a regular meeting, except that we will use a panel of evaluators (think of an American Idol format) who will evaluate all five speakers. These will be valid evaluations (no one will be Simon Cowell) but the format will be different. I hope everyone likes it.

January 21, 2009 is going to be "Grab-Bag Night". No one will have assigned roles ahead of the meeting. Instead, all members will draw their assignments when they arrive that evening. As you can figure out, it would be helpful to have a "hip-pocket" speech prepared, in case you are one of the speakers. We will find out how well we know the job descriptions for each role and it will definitely provide some laughs (and quick thinking).

February 4 2009 is another Networking Postprandial opportunity with a 'before meeting mixer' with other networking organizations.

February 18, 2009, will also be our International Speech and Evaluation Contests at the Club. Please plan to sign up because we are working on an exciting target speaker.

Since April is National Poetry Month, for our April 15, 2009 meeting, the theme will be Memorable Poems. All of the speeches will be about poetry. If you have a poet that you really like, here is your chance to share his or her work with the Club. Be creative. This is an opportunity to stretch a little into a speaking direction that may be different for some of us. Please let me know if you would like to speak that evening.

Don't worry. There will be more special events. We are planning a Tall Tales contest in 2009 and we will certainly have some additional special theme meetings along the way. Please send me other ideas that you think will be productive and fun for the entire Club.



Tina Dozier

NEW FACES by Sudipta Das

Tina Dozier, from Rochester, has recently joined Postprandial. Belonging to several groups that are developing ways to motivate the local young talents to remain working in the area, it is Tina's passion to eliminate the Brain-Drain syndrome from Rochester. She grew up in Rochester and currently works with The Democrat and Chronicle as a Server Analyst. Recently she became engaged to Claus Weyand, an Engineer at Gleason.

Completing her Business Administration degree with a minor in Information Technology Management will be in Tina's accomplishments by the end of the year. She believes that everyone can learn if given the proper motivation and when working with people she looks for that motivation. Once she has captured what motivates the people she tailors her instruction to their motivation. It makes everyone's job easier.

Tina's interests are centered around the community. She is a firm believer that Rochester is a wonderful place to live and as such she belongs to Rochester Young Professionals and CityWalk. She is also serving on the Gannett Foundation Committee which is tasked with distributing contributions to organizations worthy of receiving a grant based on their investment in the community in the areas of Childhood Development, Economic Enrichment, and Health and Human Services.

All work and no play? Not Tina. She is an avid gardener that is already plotting her spring garden to get every square inch possible planted. Her pets are limited to one Dalmation Fish who likes to bully his tank mate, who is affectionately referred to as the Guppy. Her favorite book is "I Know Why the Caged Bird Sings" by Maya Angelou and her favorite movie is "Six degrees of Separation". "Monopoly" is her favorite game and has the Amerks as her favorite sports team.

A couple of years ago while she was speaking in front of a large group, Tina experienced nervousness in her speaking tone that made her speech difficult for the audience to understand. She realized that to advance her career she should be able to speak in a clear & calm matter, to large groups, in both professional or social events. Tina joined Postprandial Toastmasters to overcome this weakness.

Welcome Tina and congratulations on your engagement! We are so happy to have you as a member of the Postprandial Toastmasters Club.

Postprandial Toastmaster of the Year By Ed Oberhofer, CC

What is Toastmaster of the Year? In Postprandial Toastmasters Club, it is an award that is earned by a Postprandial member each year.

How does a member earn this honorary award? It is a point system and everything that you do counts towards earning the award. Attending meetings, participating in meetings and contests, achieving educational goals, committees, sponsoring members, mentoring, attending area contests, division contests, district conferences; all these add to your score.

The member that earns Toastmaster of the Year, is the member who has earned the most points throughout the year. The member with the highest score at the end of the year is honored at the banquet at the end of each Toastmaster year.

Ed Oberhofer, Sgt At Arms, is the TMOY Chairperson and keeps the tally updated but he cannot do this on his own. If you speak or attend a meeting outside of the club it is your responsibility to notify Ed Oberhofer. If you have any questions regarding Toastmaster of the Year, contact Ed Oberhofer.

Continued on page 4

Postprandial Toastmaster of the Year cont'd

**Not Every Club Promotes TMOY, but
Postprandial Can't Shy Away from some
Healthy Competition.**

CURRENT STANDINGS

Oberhofer, Ed	82
Pope, David	78
Stern, Gil	69
Olsen, Kate	68
Saucke Roland, Kelly	66
Self, William	56
Bessey, Melinda	55
Mulgrew, Ray	42
Turof, Alan	35
Frisk, Mark	30
Frisk, Thomas	29
Lozito, Paul	29
Emblidge, Mark	25
Das, Sudipta	22
Hedges, Lory	15
Gribben, Tim	14
Britt, Eric	13
Langston, Gloria	12
Weymann, Thomas	12
Cobrin, David	11
Reeves, Scott	11
Winter, Travis	10
Dozier, Tina	9
Gambacurta, William	7
Saunders, Betty	6
Krause, Michael	4
Beer, Fred	2
Yoder, Melinda	1
Campbell, Ian	1

*Not included in the tally yet:

- Partial Guest Data
- Committee Participation
- Youth Leadership Participation

Looking Ahead

26-Nov-08 Theme: **The Good Life**
06-Dec-08 **International Speech Education Day**

10-Dec-08 Theme: **Young and Old**
17-Dec-08 **Holiday Party***

*Remember, anyone inducted since Jan 1, 2008 are traditionally the Holiday Party committee.

Contact Ed Oberhofer to find out more.

07-Jan-09 Theme: **Why Not Me?**

21-Jan-09 Theme: **Grab Bag Night**

04-Feb-09* **Theme: Love at First Sight**

*Attention: This meeting will also have a Networking Mixer beginning at 5:30

18-Feb-09 International Speech & Evaluation Contest Night

04-Mar-09 **Four Letter Words**

*Attention: This meeting will kick-off the nominations for the Communication Achievement Award



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Gil Stern, ACS, Publisher
Melinda Bessey, CC, CL Editor
Sudipta Das, Staff Writer