



The Patter

Postprandial Toastmasters
Better Speaking for Life

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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

Our Resolution to Our Family

by Kelly L. Saucke Roland, ACB, CL

Every person in our club belongs to the Postprandial Family, and we on the Executive Committee are trying to listen to and implement the suggestions you have made. Hopefully you have noticed some exciting changes over the last six months! There have been a few more fun and unusual meeting themes. We are keeping the Business Session shorter. We are holding more learning opportunities and events for our members. The new website is up and running (and doesn't it look fabulous?!), with a matrix that you can look at to determine if you have a role in an upcoming meeting.

The Executive Committee is here to listen to you, take your suggestions, and make improvements wherever possible. We are very excited about the weeks and months ahead; here is a sampling of what's to come:

- We will be incorporating a new "Toastmaster Tidbits" into each meeting, a two minute segment that highlights an interesting piece of information about Toastmasters that will be especially useful to our many new members.
- We will continue to develop the Mentor Training program so as to assist, guide and teach both our veteran and new members how to achieve their goals.
- We will provide other unique and engaging meeting themes.

The Executive Committee has also been working hard behind the scenes to create an effective organization that runs smoothly. Some of the policies we have developed are as follows:

- A return to the monthly reporting of budgets by our Treasurer at club meetings.
- A Temporary Mentor Program for all new members to acclimate them to the club prior to their deciding on a more permanent mentor.

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Educationally Speaking: Meeting Role Tidbits: the Matrix:

by Melinda Bessey, CC, CL

A Toastmasters meeting is more than just time set aside to give or hear prepared speeches. It takes planning, preparation, and order by all the members. Postprandial Toastmasters Club follows the role guidelines of Toastmasters International (TI), which is based on "Roberts Rules of Order," and complete descriptions of all the roles can be found at www.postprandial.org under Member Resources. If you are on the communication track and/or the leadership track, all the roles can help you meet your goals. No role is too big or too small; they all have significance in our meeting success. So how is your role assignment decided upon and who does it?

The meeting is initially planned using a Matrix, and you hear it referred to often during the meeting and by club members for filling role assignments. It is scheduled three meetings out so you have ample time to see your upcoming requirements for the meetings. Paul Lozito is Postprandial's Matrix Master, working on behalf of the V.P. of Education. He fills the roles by rotation of active members and/or at requests of members. For example, if you are working on your Competent Communicator (CC) and

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Postprandial Toastmasters Club 2008-2009 Officers

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



New Faces

by Sudipta Das



Michael Krause grew up in Irondequoit, NY, and has remained close to his family in the Rochester area by setting up residence in Brighton, NY. He shares his living quarters with his black lab, Oreo, and his two fish, Tic & Tac. Michael's education consists of a BBA in Business from St. Bonaventure and a Masters in Strategic Leadership from Roberts Wesleyan. He takes full advantage of his learning path to make things happen.

As the President, of Sales Sense Solutions, Inc., Michael helps companies refine and define their selling process to increase efficiencies and maximize revenue. He expressed that he loves meeting with business owners and talking about their employees remarking, "it is amazing what people try to get away with at work." Michael is driven with a passion for helping people better themselves in their professional careers.

With a love for vacations and the water he pursues a passion in sailing/boating that he would like to turn into a dream come true by becoming a Captain on a sail boat where he could take people out into the ocean. Michael is a hometown fan of the Buffalo Bills, has Caddy Shack as a favorite movie, and boasts Outliers by Malcolm Gladwell as a favorite read.

Michael joined Postprandial Toastmasters to become a great speaker and make new friends. We enjoyed Michael's zest for taking on a challenge as revealed during his ice-breaker, and it became obvious to his audience that he has much to contribute as a member of Toastmasters. Welcome Michael!



Fred Beer was born in Princeton, NJ, and went to the University of Rochester where he got a degree in electrical engineering. Fred started his first company with friends from the U of R right after college and has been in Rochester ever since. Fred lives in Perinton, New York, with his wife Cathy, their daughter Caroline, and their son Connor. He loves spending time playing with them. Having a daughter almost 6 and a son just over 2. With Kids of that age Fred describes his time as "a lot of building blocks, playing with Barbie's and wrestling."

Fred is a serial entrepreneur. His successful history as an entrepreneur, having started and grown several successful companies including Auragen Communications, a Web-site design and development company that was located in Rochester, NY. His specialties are web technologies, culture development, innovation and business growth. He is currently involved in a number of start-ups, including: Multiply IT, Plan Your Legacy Innovating.com, and Potential Point.

Fred recently joined Toastmasters to improve his speaking skills and ability to sell his vision to a broad group of people. Fred sees the internet and online video as a great differentiator. Fred states "the internet allows you to speak from your living room and reach millions of people. The barriers to entry to speaking and engaging your audience are dropping dramatically so the only differentiator is your message and your delivery skills."

Here, Here Fred! You're right on target and we welcome you aboard and look forward to seeing you maximize those attributes.

Postprandialites Through and Through

Pat Barry-Doohan: A Postrandial Member Remembered

For those of you who are not aware, I regret to inform you of the untimely passing of Pat Barry-Doohan. Pat was a class act. She served as Postprandial's Sergeant at Arms and was always interested in helping the club in any way possible. She was warm, friendly and effective. With Pat's passing, we have truly lost a gem. Pat, you will be missed. — Gil Stern

I remember when Pat came to MCC and enrolled in my public speaking class. She was genuine in her support of others as well as in her own desire for lifelong learning. She was always enthusiastic about the Toastmasters program and especially the friends she met as a result. Thank you all for welcoming her as you have everyone else. I will certainly miss her smile and encouragement. — Ilene Benz



Postprandial has had a strong membership-building year. We've added and retained nine new members since June 2008.

We have been successful in reaching out in new ways to identify and bring in new members. Examples are networking events sponsored by Postprandial, plus use of social networking tools such as LinkedIn, Facebook and Twitter.

To ensure a successful start, we now assign each new member with a temporary mentor. This helps them to get off to a great start.



Dave Pope (right) wins the speaking competition and Gil Stern (left) wins the evaluating competition at the Area 6 Contest.

We're on the web:
www.postprandial.org



Our Resolution to Our Family- Continued

- A new email policy that better respects our members' privacy in which all emails that have widespread distribution (distribution to the entire – or almost entire – club roster) are to use “Bcc” (Blind Carbon Copy) for all addresses.
- All club meeting minutes will be posted online in the future (starting from the beginning of this EC year, June 2009), so that members can review and submit any corrections to the Secretary.

Finally, we will continue to do those things that are most important to each of us: *encourage, learn and teach each other how to become the best speakers and leaders we can be.* Tell us your thoughts, and hold us accountable. We are here for you and appreciate the opportunity to make our Postprandial Family continue to be the best in Rochester!

Educationally Speaking - Continued

want to accelerate your way to the designation, it would be a great move on your part to let Paul know personally that you want to give speeches often. If you need Toastmaster or Tabletopics Master, etc. to help you towards your Competent Leader (CL) you will want to let Paul know of those requirements.

The Matrix for the next meeting is always read at the previous meeting as a way to confirm roles and fill vacancies. The Matrix is also posted at www.postprandial.org under Member Resources. If you know that you cannot fill an assignment prior to the meeting it is the requirement of you, the member in that assignment, to find a replacement. The club roster for active members is available to the members to assist with this matter. It is preferred that an email blast to the entire club not be the first approach for finding a replacement. Pick up the phone or email members individually that do not already have a role.

The Matrix also has a quick reference guide on the right side, outlining the approach to gaining the necessary confirmation that is used to define the agenda for a meeting. Even if you confirmed your role during the previous meeting you will be asked to re-confirm within a certain timeframe of the meeting by the Toastmaster, Tabletopics Master, or Chief Evaluator, where they may ask you to supply additional information.

Because The Matrix is assembled of Active Members your communication to Paul is imperative if you will not be attending certain meetings or are going inactive. If you are going inactive please notify a club officer of this so the roster can be updated. We are in the communication business and we need to practice every aspect of our communication to keep our club professional and respectful.

The Matrix is one of the first things you should learn about as a club member to reach the goals you are seeking. Your mentor and any club officer can help you.

PR Report

The Patter is getting a facelift: in design, in management, and in content. A team has been put together to publish a phenomenal newsletter and you will see it evolve over the next few months, first of all returning as a monthly publication. Please be on the watch for a survey that will give our Patter team a better feel for how we can serve our audience.

Your nomination for The Communication Achievement Award is done as a speech between March 18 and May 13. Contact Melinda Bessey with the name of the person(s) you will be nominating and to get on the matrix to deliver your nomination speech. The club at the May 27 meeting will cast votes to determine the recipient of this wonderful award.

Words of the Watcher

Date	Theme	Words
Mar 4th	Four Letter Words	Gird Expletives
Mar 18	The Fast Lane	Friend (verb) Meme

“Public speaking is the art of diluting a two-minute idea with a two-hour vocabulary.”

-John Fitzgerald Kennedy



*DTM Perspective is a reprint of an article from the Toastmasters International Website titled
 "My Turn: DTM Stands for Dearly Treasured Memories" By Melissa Brown, DTM
 "Good company in a journey makes the way seem shorter." – IZAAK WALTON*

DTM: Some say that stands for "Distinguished Toastmaster." I say it stands for *Dearly Treasured Memories...* because that's what I received on the path to my coveted DTM. When I joined Toastmasters nearly 10 years ago, it was a means to an end. A co-worker encouraged me to improve my speaking skills in order to be competitive for a training position within the company. I wanted that promotion! Unfortunately, I already worked for the hiring manager, but in a different capacity. Day in and day out while I sweated my fate, I reported to the man who would decide my future. Of course, being eight months pregnant didn't help my outlook on the situation – or my perception of the outcome!

I lost my bid for that position to a colleague. After recovering from the pain and rejection and returning to work after the birth of my son, I decided that I would try this thing called Toastmasters. I wanted to do whatever I could to improve my chances to get the job the next time. As I write this article, I am hoping that you too will take time to reflect on why you have joined Toastmasters, what you have gained through the experience and where you want the journey to take you.

So what does all that have to do with your DTM?" I'm glad you ask! I share this brief history to let you in on my *Dearly Treasured Memories*. You see, I began the path as a means to an end, but I continued on the path because of dear friendships.

After I obtained the positions I wanted in my career, I found that Toastmasters had become embedded in my life. The technical aspects of my DTM achievement – the education awards, the High Performance Leadership project, serving as area governor – can be found in materials available through Toastmasters International. What you won't find without experiencing it for yourself are the many heartstrings tied to this achievement.

During my journey to DTM, many members encouraged me to take the next step. Through helpful evaluations, they pro-

vided me with tools to make every speech better than the one before. Through kindness they encouraged me when I didn't accomplish the objectives of a speech. As I provided evaluations, I found gems to be aware of in my own speeches. As others in my club improved and earned various Toastmasters designations, I was inspired to work toward the next goal as well. Other heartstrings are tied to the members that spurred me on by challenging me. It's often hard to keep the competitive spirit subdued with direct challenges like "I'll finish ATM before you," or "Let's join the speech contest – to see who will win." Through the challenges of competition we all won. *"It is because of all the friends along the way that I have the DTM today."*

Competing in the speech contests provided the most growth opportunity in the shortest amount of time. The first time I met a World Champion of Public Speaking I was inspired to reach for that wonderful goal myself. At each level of participation in Toastmasters, I have been encouraged to stretch and I gather more Toastmasters experience.

As I reflect on my journey to DTM, I realize that many of my friends have ties to Toastmasters. I can remember some who gave speeches while looking at mystery spots on the wall, and some that were so frightened they visibly shook for 20 minutes after giving a speech. There have even been a few who had me wondering why they joined at all, since it seemed they had no challenges with public speaking.

I treasure the memories I've gained on this journey. It is because of all the friends along the way that I have the DTM today. I've enjoyed giving speeches that wowed. I've learned from the ones that flopped (although I'd rather forget those). I've been challenged in trying to give helpful evaluations. I've attended contests, participated in contests, and lost contests...all in an effort to improve my skills. I've attended parties, participated in themed meetings, taken the DTM walk at the district conference, and now I've written this article. It is amazing how difficult it is to put 10 years of memories onto one page.

Looking Ahead

April 1, 2009	Meeting: I'm a Fool for You
April 3, 2009	Central Division Contest at Napa Ginos
April 15, 2009	Meeting: Memorable Poems
April 17-18, 2009	District 65 Spring Conference held at Canandaigua Inn on the Lake
April 29 2009	Meeting: Play Your Cards Right



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