



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.

Upcoming Events:

September 1, 2010
Club Picnic
Harris Whalen Park

September 15, 2010
Humorous Speech
Contest
Sanibel Cottage

September 29, 2010
Meeting Theme:
"At the Coffee Shop"
Sanibel Cottage

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President's Welcome

Talk about kicking the Toastmasters year off with a bang! While we are only in our second full month of the Toastmasters year, we have already shown what being a Postprandial Toastmaster is all about!

First and foremost, we welcome "new" member, George Scott. George actually returns to our club after an almost 20-year hiatus, and he is already bringing his enthusiasm, ambitious goals, and fresh ideas to our meetings. Welcome, George!

On August 4th, we were proud to continue our tradition of holding an annual joint meeting with TNT. Joint meetings have typically been designed to bolster summer attendance, and this was no exception! The room at Sanibel's was packed and highly enthusiastic as we heard speeches from both clubs and celebrated being Toastmas-

ters together.

Finally, we are already well on our way to earning the educational and membership goals of the Distinguished Club Program (DCP). We have earned the highest honor – President's Distinguished – ever since the program's inception almost 15 years ago, and we look forward to doing so again this year. Want a status update on where we stand? You'll have to come to the next meeting to hear from our VP of Education, Allison Moreland!

Certainly, there is much to come over the next months. In lieu of our regular meeting on Wednesday, September 1, 2010, our annual Picnic will be held at Harris Whalen Park. This casual pot-luck event is always a well-attended tradition for our active and inactive members to meet, greet, laugh and eat for a few



Starting the Year Off
with A Bang!

hours. The club will be providing hot dogs and hamburgers, and we have already started lining up dishes to pass from our members. Please see our Sergeant at Arms, Dara Grieger, to let her know what you would like to bring.

After that brief interlude from our regular meetings, members will have an opportunity to strut their humorous stuff during the Fall Humorous and Evaluation speech contests on September

Overcome Your Fear of Public Speaking

The prospect of speaking in public causes fear in many people. Allowing fear to prevent you from speaking in public can stymie potential career advancement or the ability to promote your business.

One way to beat speaking anxiety is to join Toastmasters. This non-profit organization,

founded in 1924, offers a first-rate educational program for speaking and leading with confidence. Toastmasters has helped millions of people overcome their public speaking jitters. You can join the organization through a local club, such as Postprandial, where you'll find friendly people who have "been there."

Confidence alone does not make someone a good speaker. Polished speaking skills come from knowing your subject matter, preparing and organizing the material, and practicing your delivery. Toastmasters will give you a supportive atmosphere where you can put these skills to work. Whether you are just starting out, or are a seasoned

President's Welcome—Continued

15th. Nervous about participating in a contest (especially a humorous speech contest!) for the first time? Check out the August issue of your Toastmasters magazine! There, you will find plenty of thoughts and ideas on how to make your audience laugh. And don't forget – provided that your contest speech falls within the parameters of a manual project (objectives / timing / etc.), you can get credit for the speech. As one of the most entertaining meetings of the year, you won't want to miss it!

While we have many other activities and fun ways for you to get involved at the club level, you will also want to consider attending the District 65 Fall Conference (November 12 – 13, 2010), to be held at the Rochester Plaza Hotel. This is a fantastic event that will help you meet Toastmasters from other clubs and learn more about how to become an even more effective speaker. For registration and details, check out www.tmdistrict65.org.

On a final note, I want to thank everyone in the club, and especially the Executive Committee, for giving your enthusiasm and energy to Postprandial. It is each of you that makes Postprandial such an outstanding and prestigious club, and I am excited to see what the remainder of the year holds in store! To your success!

Cheers!

Kelly Saucke Roland
President

Know Your Role—Opening & Closing

One of the hallmarks of being a Toastmaster is having even brief remarks prepared in advance.

As the Opener or Closer for a meeting, you will have 2 – 3 minutes to provide a sentiment to energize and encourage the club to consider the theme of the evening's meeting.

While most people prepare their Opening remarks, did you know that you should also

prepare your Closing remarks?

The Closer role is designed to reflect on how the meeting and its participants captured and brought the theme to life, as well as to provide a message on how to carry that theme forward.

The Closer should have prepared remarks that tie into the meeting theme, rather than simply recapping the speeches given that night. Whether in

the Opener or the Closer, your job is to generate enthusiasm, and the best way to do that is to always be prepared!

“It usually takes me more than three weeks to prepare a good impromptu speech.”

~Mark Twain

How to Give a Toast

Interested in a few tips on how to propose a good toast? These days, the tradition of toasting is as rare as place cards – useful for a few formal events, but rarely executed well.

Should you find yourself at a wedding and asked to offer a toast, you want to be prepared with something wittier than “May you be happy.” To make sure you put your best foot forward – and not in your mouth – here are some tips

from someone who should know: Toastmasters International President Gary Schmidt.

A toast should be “brief, personal and customized to the occasion,” he says. “Most of all, it should be heartfelt.” So don't try to copy an existing toast, but pick a topic that is personal but appropriate.

You don't drink alcohol? No problem; you can still offer a toast with sparkling juice.

Never refuse to participate in a toast. It's more polite to participate with an empty glass or a glass of water than not to participate at all. Here's how:

- **Keep it short** – no more than a couple of minutes. Brevity is the soul of wit.
- **Practice.** Think about what you want to say, and practice the toast in advance. Use friends as sounding boards beforehand.

How to Give a Toast—Continued

- **Speak slowly, clearly and loudly** (if no microphone is available).
- **Be positive.** This is not the time to recite the groom's college pranks.
- **Stay sober.** Being coherent helps.
- **Dress your best.** If you look good, you'll feel more confident.
- **Use humor – but keep it clean.** Don't refer to "inside jokes" only a few people will understand.
- **In summary** – End on a bright note. Be sincere, be brief, be seated.
- **If you are on the re-**

ceiving end of the toast, stay seated and don't drink the toast to yourself. At the end of the toasts, it's your turn to make some comments.

At a formal event, it is recommended the person offering the toast stand, get the guests' attention, lift glass by the stem and say "I propose a toast." Allow time for the guests to fill and lift their glasses and shift their attention toward you. Then offer your comments, take a sip, and inviting others to do the same. At small dinner parties, however, there is no need to stand for the toast. Just lift your glass by the stem, speak and touch the glass of

the person or persons involved.

Consider one of the most famous toasts of all: Humphrey Bogart's words to Ingrid Bergman – "Here's looking at you, kid" – in the legendary 1941 film *Casablanca*. Now trade "kid" for another endearment. No big deal? Maybe.

But Bogie probably would have achieved another kind of immortality if he'd raised his glass to Bergman and said, "Here's looking at you ... babycakes!"

Source: Toastmasters International

Speaking Like a Leader—Motivational Speaking Techniques

Five simple strategies to motivate your listeners.

One of the most important elements of leadership is the ability to motivate people. Without motivation, even the most skilled team of seasoned professionals is unlikely to achieve great things. A highly motivated group of talented people, on the other hand, can move mountains.

While it's true that motivating people involves more than just changing the way you speak, there are some simple guidelines you can follow to help build team motivation with only your words and your voice:

- **Be enthusiastic.** Enthusiasm is contagious! Before you present your ideas, think about the aspects of the subject that you find most interesting, and don't be afraid to let that interest come through in your voice.
- **Use quotes, stories and anecdotes.** Along with their obvious entertainment value, quotes and stories can lend authority to your topic and provide concrete examples that people can relate to.
- **Speak with confidence.** Deliver your message loud and clear. Maintain eye contact with your listeners.

Don't mumble or slouch.

- **Say you and we, not I and me.** Instead of telling people what you want them to do, present them for them to work together to achieve their goals. Involve listeners in the success of the group.
- **Keep it simple.** People aren't motivated by what you say; they're motivated by what they understand. The best way to ensure audience understanding is to break down complex ideas into simple components.

"The best way to sound like you know what you're talking about is to know what you're talking about."

~Author
Unknown

Postprandial Toastmasters
Club 3259
District 65
www.postprandial.org

Interested in Learning More
About Toastmasters?

Contact Drew Martin
VP of Membership
drewmesq@aol.com

Postprandial Toastmasters Meets
Every Other Wednesday at:

Sanibel Cottage
1517 Empire Boulevard
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."

Overcome Your Fear of Public Speaking —Continued

speaker, here are some quick tips to help improve your future speeches and reduce your anxiety level.

Give up the belief that you have to be perfect. Even professional speakers occasionally make mistakes. The difference is that they don't consider mistakes major obstacles to success. The secret is to accept that mistakes are going to happen sometimes, and to develop the ability to recover from them quickly.

Visualize the outcome you want. Visualize yourself giving that speech the way you want to. If you anticipate success, you are more likely to get it.

Prepare Positively. Stop worrying about yourself and get excited about your subject. Practice and preparation are easier if your subject matter is important and/or enjoyable to you. If you think your material is interesting and meaningful, your audience will catch your enthusiasm and appreciate your sincerity.

Put the past behind you. Maybe your fear relates to past

flops and embarrassments. Remember: All good speakers started out as not-so-good speakers. They improved because they resolved to do better the next time.

Get some rest. Plan ahead and get a good night's sleep before your presentation.

Avoid mood-altering substances. Some people mistakenly think that drinking lots of coffee or alcohol prior to a speech will take the edge off and improve their delivery. Once these are in your bloodstream, there is little you can do about it but wait them out. It's best to avoid over indulging prior to a speech.

Look your best. Take some time with your appearance. Polish your shoes and comb your hair. Wear attractive, flattering, professional-looking clothing. When you look good, you feel confident.

Remember to breathe. Anxiety tightens the muscles in the chest and throat. With a restricted airway and without enough oxygen, your voice can come out as a squeak! Deep

breathing, on the other hand, sends oxygen to the lungs and brain and expands the throat and chest, promoting relaxation. As you approach the platform take a deep breath and relax.

Focus on friendly faces. While speaking, maintain eye contact with your listeners. Find friendly faces and focus on them. Smiles and approving nods will give you extra encouragement.

It's ironic that some people are more afraid of public speaking than of driving around town. Yet, when was the last time you heard of someone dying from public speaking? Fear is a natural survival mechanism. It can motivate us, or stop us in our tracks. In situations that pose a threat to life and limb, fear motivates us to be careful. On the other hand, fear is a problem when it interferes with our goals and achievements. These tips will help you progress toward confidence on the platform. Ultimately we succeed when we conduct ourselves according to the rewards we want, rather than the things we fear.