



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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Upcoming Meetings:

July 6, 2011

July 20, 2011

August 3, 2011

August 17, 2011

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President's Welcome

What a wonderful Toastmasters year it has been! While it is bittersweet to write my final President's Message, I am proud of what we have accomplished this year in Postprandial, and I wanted to showcase a few of our members' achievements.

We will once again attain all 10 of the DCP points necessary to be an exclusive President's Distinguished Club. We have gained enthusiastic new members, have seen some of our inactive members rejoin us, and between me and Jean Publow, have even had some future Postprandial members be born!

In celebration of our year, here are a few other highlights and achievements of our members:

Toastmaster of the Year
Awarded to Bill Self for his outstanding service to our club year in and year out, for his

willingness to step up as our Acting Vice President of Membership, for his dedication to many members as a mentor, and for his continual commitment to bring success to our club, Bill was an easy choice for Toastmaster of the Year.

Competent Communicators
George Scott, Jerry Morgan, Bob Ligenza and Matt McDermott all achieved this first milestone as a Toastmaster. It is a difficult challenge to get past those first 10 speeches, and these four gentlemen did so with grace, style, and a lot of humor!

Advanced Communicators
Paul German earned not only his Advanced Communicator Silver this year, but he also became an Advanced Leader Bronze! Kelly Roland achieved her Advanced Communicator

Silver.

Competent Leaders
Allison Moreland earned her Competent Leader designation.

Speech Contest Winners
International—Gil Stern
Humorous—Fred Beer
Tall Tales—Paul German
Evaluation—Bill Self
Table Topics* —Kelly Roland
*unofficial, club only contest

Additionally, a warm welcome to all of our newest members! We are so glad that you have chosen to join our club and look forward to helping you during your Toastmasters journey! George Scott, Andy Ford, Mike Tandle, Aisha O'Mally, Wendy Ford, Ajay Kalia, Cheryl Evans, Martha McPherson, Bryan Tee-gardin and Josh Schneider

With all of these great achievements, it is important to re-

Because Communication Isn't Optional

Every day we are tasked with a variety of situations where communication comes into play. How many times have you heard, "*I could see it on your face*" or, "*Your body language speaks volumes*"? How many times have you spoken off-the-cuff and then later wished you'd said something else?

Developing and honing this important skill, along with the other skills you gain in Toastmasters, will give you the confidence you need in a variety of areas, both personally and professionally.

In these tough economic times, your skills are even more important. Maybe you are looking

for a job? Having the competitive edge may be what lands you the position. In Toastmasters, you practice thinking on your feet. The more you practice, the more self-confidence you gain, which will give you the advantage you need.

Does your current job require you to give business presenta-

President's Welcome—Continued

member that our club does not just run on its own! The Executive Committee who served you this year did a tremendous amount of work behind the scenes, and they deserve special recognition for their time, effort, and energy in ensuring that our club continues to be the most successful Toastmasters club in Rochester.

President—Kelly Roland
 Vice Presidents:
 Education—Allison Moreland
 Membership—Drew Martin & Bill Self (Acting VP)
 PR—Matt McDermott
 Treasurer—Tom Weymann
 Secretary—Jerry Morgan

Sgt at Arms—Dara Grieger & Paul German

Of course, we welcome the new Executive Committee as well! Serving our club next year are some veterans from this past year and from previous years, and I am very excited to see a number of fresh faces joining the EC as well! Thank you to all who have volunteered to step up and be leaders within the club!
 President—Allison Moreland
 Vice Presidents:
 Education—Bob Ligenza
 Membership—Paul Lozito
 PR—Mick Schoenberger
 Treasurer—Tom Weymann

Secretary—Matt Buffan
 Sgt at Arms—Josh Schneider

On a final note, I want to thank you for allowing me to serve as your President. I have learned a tremendous amount about leadership, delegation, and prioritization in this role, and even more importantly, I had a lot of fun! Best of luck to each of our members as you continue to pursue your Toastmasters path and remember to tell everyone how much fun you have as a Toastmaster!

Cheers!

Kelly Saucke Roland



Bill Self
 Toastmaster of the
 Year for 2010—2011

Toastmasters Podcast

News and information shows have been broadcast on the radio almost since the medium was invented. While useful, you generally had to be listening to the radio at the time the show was broadcast.

Audio books have been around since the 1950's and allow a convenient way for people to learn information or enjoy a book on their schedule, often times while commuting to work or to pass the time on a trip.

Podcasting is a way to combine some elements of both. The term "podcasting" was first used in 2004 to describe a combination of the words "pod"—from Apple's iPod — and "broadcasting."

The name may be a bit misleading, as it has never been necessary to use an iPod, any other form of portable media player, to use podcasts; the content can be accessed using any computer that can play media files.

Toastmasters International publishes a weekly podcast on a variety of topics that can be found at www.toastmasterspodcast.com — each episode explores various Toastmaster topics and includes tips on how to become a better speaker and leader. I

f you haven't listened to it yet, you should give it a try!

“The trouble with talking too fast is you may say something you haven't thought of yet.”

~Ann Landers

When Things Go Wrong

When things beyond your control go wrong, the only thing you can control is your reaction to them.

Just as the sailor at sea is at the mercy of the elements, so is the speaker. The sail-

ors batten down the hatches in rough weather; what does the speaker do in when the microphone won't work? Or when the lights malfunction? Or when the music in the next room is too loud?

Toastmaster magazine, recently published an article written by Bob Hope's Emmy Award winning head writer Gene Perret,

It offers examples of intrep-

When Things Go Wrong—Continued

id speakers who rode out the sometimes stormy seas of the speaker's podium. Among his dos and don'ts:

- **Don't:** Blow your cool.
- **Do:** Maintain your dignity.
- **Don't:** Surrender to the situation.
- **Do:** Your best under any circumstances.
- **Don't:** Continually refer to the problem.
- **Do:** Keep your sense of humor

When the seas get rough, it's not time to abandon ship!

Work through the speech and get to the end—your audience won't be nearly as sensitive to perceived hiccups as you are.

Ten 'Uh Oh's' to Avoid In Your Next Speech

How come intelligent, business-savvy people end up boring their audiences? They fail to recognize that public speaking is an acquired skill that improves with practice and honest feedback. Speaking for 20 minutes before the right group of people can do more for your career than spending a year behind a desk!

Rob Sherman, an attorney and public speaker in Columbus, Ohio, says in an article in the *Toastmaster* magazine to avoid these mistakes:

- **Starting with a whimper.** Don't start with "Thank you for that kind introduction." Start with a bang! Give the audience a startling statistic, an interesting quote, a news headline – something powerful that will get their attention immediately.
- **Attempting to imitate other speakers.** Authenticity is lost when you aren't yourself.
- **Failing to "work" the room.** Your audience wants to meet you. If you don't take time to mingle before the presentation, you lose an opportunity to enhance your credibility with your listeners.
- **Failing to use relaxation techniques.** Do whatever it takes – listening to music, breathing deeply, shrugging your shoulders – to relieve nervous tension.
- **Reading a speech word for word.** This will put the audience to sleep. Instead use a "keyword" outline: Look at the keyword to prompt your thoughts. Look into the eyes of the audience, then speak.
- **Using someone else's stories.** It's okay to use brief quotes from other sources, but to connect with the audience, you must illustrate your most profound thoughts from your own life experiences. If you think you don't have any interesting stories to tell, you are not looking hard enough.
- **Speaking without passion.** The more passionate you are about your topic, the more likely your audience will act on your suggestions.
- **Ending a speech with questions and answers.** Instead, tell the audience that you will take questions and then say, "We will move to our closing point." After the Q and A, tell a story that ties in with your main theme, or summarize your key points. Conclude with a quote or call to action.
- **Failing to prepare.** Your reputation is at stake every time you face an audience – so rehearse well enough to ensure you'll leave a good impression
- **Failing to recognize that speaking is an acquired skill.** Effective executives learn how to present in the same way they learn to use other tools to operate their businesses.

Source: Toastmasters International

"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
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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."

Communication Isn't Optional —Continued

tions? You can develop and polish these skills by working through the Communication Track in the Toastmasters educational program. By continuously practicing your speeches, as well as the components, such as speech organization, timing, vocal variety and gestures, you will have gained the ability to present a powerful presentation.

Toastmasters training also creates great teachers – the kind who lead classes or training sessions effectively. You'll be able to perfect new instructional techniques, gain experience and develop the confidence to become a great teacher.

Maybe you are an attorney or in law school? Toastmasters is the ideal place to perfect your persuasive speaking skills so



that you are able to present persuasive opening arguments, summations or cross-examinations and conduct yourself in a clear and concise manner in the courtroom.

Whatever the case may be,

Toastmasters is the answer!

As a result of joining Toastmasters and actively taking part, you will:

- Learn to communicate more effectively.
- Become a better listener.
- Improve your presentation skills.
- Increase your leadership potential.
- Become more successful in your career.
- Build your ability to motivate and persuade.
- Reach your professional and personal goals.
- Increase your self confidence.