



Speak Up!

District 55

Club # 9752

December, 2012



President's Corner – Kay McManus

2013 is upon us and in
Toastmasters that means:

- Officer Training (during January / February)
- Club Contests Begin (February)
- Area and Division Contest are held (March – April)
- Spring Conference – District 55 - May 3-5

Happy New Year! As this year ticks away let it be said that we all have played the friend, have lived and loved and labored and made of it a happy year.

Your faithful President, Kay



VP Public Relations - Consuelo Hartman

Special Note: Congratulations to Cathleen McGrath for accepting to be the next VP PR from January 1 – June 30, 2013. She would also like to receive interesting article contributions from the members. Any personal and/or professional achievements you would like to share, she will also welcome.

I would also like to thank the members who contributed articles for the newsletters as without them, this newsletter would not exist.

I have much enjoyed being your VP PR, and I would encourage you to take this role as the next step on your Toastmaster's growth path. It is a rewarding experience!

Educational Contribution

Effective Evaluation

We are all evaluators in life, from the moment we wake-up by the smell of coffee, to the moment we go to bed evaluating the outcome of the day.

The importance of the evaluation process in learning to communicate is that we learn to improve as speakers, which means:

- a) We change our behavior – do things differently than we are doing them now. (It's a conscious choice).
- b) We receive feedback. This let us know if we are improving, and it gives us ideas for more changes in behavior. This feedback is evaluation.
- c) When we test our behavior and receive more feedback, that's how we improve.

Effective evaluation benefits everyone. It benefits:

- The speaker: self-esteem, recognition, growth.
- The evaluator: to develop an attitude of helpful interest, mutual trust, build close relationships. Improves our listening skills. Helps to build our impromptu speech.
- The club: It promotes high standard of excellence.
- Extended family feeling – It is okay to improve.
- Develops role models – we watch and learn.
- Creates a success and oriented atmosphere.
- It keeps people coming back to the meetings.



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- Criticize the speech – the action, not the person.
**“I saw, I heard, I felt”
Technique**

1. I Saw-
 - Appearance of the speaker.
 - Confidence
 - Attitude
 - Body Language
 - Visual Aids
2. I Heard –
 - Voice
 - Vocal Variety
 - Speech Organization
 - Nervousness
 - Speech Organization, transitions.
3. I Felt –
 - How did the speech affect you?
 - Did you enjoy it?
 - Were you moved by it?
 - How did all the elements come together to affect you as a member of the audience?
4. Suggestions for improvement (if not covered earlier)
5. Conclusion – Summarize the strengths!

TIPS FOR BETTER LISTENING

1. Listen actively; sit up, and look directly at the speaker.
2. Concentrate on what the speaker is saying. Resist distractions.
3. Listen objectively. Do not tune out the speaker whose ideas and biases differ from your own.
4. Listen not only for what is expressed verbally. Pay attention to what is being expressed nonverbally.
5. Listen with empathy and understanding.
6. Forget personal characteristics of the speaker that may cause to reject what is being said.
7. Listen to the main ideas and supporting facts.
8. Ask questions at the appropriate time if something is not clear.
9. Restate the content and feelings of the speaker to show understanding and acceptance.
10. Make notes when appropriate and will not interfere with the communication process.

Toastmasters Int'l News

1+1 Campaign

The 1+1 campaign is a membership-building program designed to help grow and strengthen our great organization. Beginning December 1, when you refer a friend who becomes a Toastmasters member, you can fill out the [1+1 form](#) so that your efforts can be recognized. **The 1+1 membership-building campaign is valid December 1, 2012 through June 30, 2013.**

Members: Members who have referred a friend that joins a Toastmasters club will receive a 1+1 decal and a personalized letter from Executive Director, Daniel Rex and me. This letter will be presented to members by club presidents. Also, each month, the referring member's name will be listed on the [1+1 webpagewall](#). To reward members' efforts, all names will be included in a monthly drawing to win an exclusive 1+1 Toastmasters branded T-shirt.

*John Lau, DTM
International President*



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Club Meeting Highlights

December 3 meeting:

We had a great meeting headed by our TM-President Kay McManus. Her theme was "Toasts" suitable for this time of the year and for any other event. You can refer to the notes in the November's newsletter but of course, it came alive when Kay explained the various steps to take to make a memorable toast. Our two speakers: Terry Shook giving his Icebreaker speech shared a memorable episode while living in "Nassau Bay," the title of his speech. Our second speaker Renu Selli spoke about the role of the "Health Inspector – What we do." She enlightened us on the importance of health inspectors in safeguarding our health and minimizing risks on the food industry.

The T/T was conducted by Teresa Morris-Wright on various aspects of toast making. The GE was Faye Crossett introducing Rob Arnold and Consuelo as Hartman evaluators for the evening.

Nancy Hopper was the WAG with the WOD "Finical" – Fussy, peculiar, fastidious. Time keeper was Cathleen

McGrath and VC was Doug Baron

Old Business: We passed around the Christmas potluck signed up sheet.

Note: Congratulations to Terry Shook on giving his Icebreaker speech. Good job!

December 17 meeting:

We had a wonderful, fun Christmas party with plenty of delicious food and good cheer at the home of Consuelo Hartman. If you couldn't come, we were sorry that you missed this nice togetherness. Thank you to the members who were able to come and also those who brought their husbands, and don't forget our guests too. Peter and I much enjoyed your company. Here are some of the photos to keep in our memory bank. Let's hope that next year will be a productive, effective and enlightening Toastmaster's year.



Way to Go!

Upcoming Events:

Our president Kay has already outlined upcoming events for next year. Details will follow.

Congratulations!!!



Happy birthday to the following members:

Shana DeFries – 01/04

Marc Morales - 01/21



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General Corner

On the Motivational Side

A *Secret Scrolls* message from Rhonda Byrne, Creator of *The Secret*

Every day, or at the very least once or twice a week, take a few minutes and focus on seeing yourself in joy. Feel yourself in joy. Imagine only joy ahead in your life and see yourself basking in it. As you do this the Universe will move all people, circumstances, and events to bring you that joy. You can't be in joy if you have money worries, or health worries, or relationship problems with friends or family. So deposit some joy in the bank of the Universe as often as you can. There isn't an investment that is more worthwhile.

May the joy be with you.

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Quotable Quotes
(from *Reader's Digest*)

THE BEST THING ABOUT CHANGE IS...

...that is a synonym for hope.

Linda Ellerbee

...things do not have to change the world to be important.

Steve Jobs

...we all have big changes in our life that are more or less a second chance.

Harrison Ford

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Laugh Notes!

"You know why a banana is like a politician?"

"He comes in and first he is green,
then he turns yellow and then he's rotten."

SENIOR DRIVING

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's voice urgently warning him, 'Herman, I just heard on the news that there's a car going the wrong way on Interstate 77.'

Please be careful!' 'Heck,' said Herman,
'It's not just one car. It's hundreds of them!'

THE MISSION OF THE CLUB

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.

Happy New Year!!!

