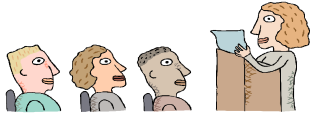




Speak Up!

District 55 Club # 9752

October, 2012



President's Corner – Kay McManus

It's TRICK OR TREAT time.....and in Toastmasters in October the following events serve as our treats:

- 1) Participate in and Support the various contests for our Area, Division, and District. **---- Congrats goes out to Jerri Ward for winning Second in the Area L45 Tall Tales Contest and Third in Table Topics.**
- 2) Our faithful Treasurer, Faye Crossett insured membership dues were submitted on time and the club receives a "treat" of a gold star toward President's Distinguished Award given at the District Meeting.
- 3) Celebrated 10 years with an Open House on October 1st and we were treated by several guests, and two new members!!
- 4) October 29th is the 3rd Monday of the Month and

close enough to the 31st to hold a regular meeting complete with costumes and Trick-or-Treat Table Topics!!

- 5) The Biggest Treat of all this time of year for Toastmasters and guests is the **District 55 Conference**. It will be held November 9 – 11 at the Holiday Inn Austin Midtown. There is a First Timers Special to attend all Educational Sessions for a flat rate of \$25.00. That is for any toastmaster, regardless of length of time as a member that has NEVER attended a conference. At the very least, consider attending the Speech Contest Saturday Evening for \$10 (no meal). For more details see the link below:
<http://tmd55.org/wp/conference/#registration>

Thanks for your participation, the knowledge, guidance and expertise you bring to the Lake Travis Toastmaster group. Your contributions and your

Toastmaster Friendship is valued!!!

Your faithful President, Kay,
ACG; ALS



VP Public Relations - Consuelo Hartman

Consuelo is emailing press releases of the club's events to various newspapers and magazines on a regular basis. She also recommends that members leave TMs magazines at different venues, such as: doctor and dental offices, office bulletin boards, fitness centers, libraries, etc.

Treasurer - Faye Crossett

Faye is our perennial treasurer. Special thanks for filling the position of the Secretary while Kirti is out of the country.



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District 55

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New Members' Corner

Welcome new members!!!

Nancy Hopper

Nancy (Fletcher) Hopper's life story reads like a chapter from a novel. A San Antonio, Texas native, and Texas State University alum, she has held fast to her smart and sassy, Lone Star roots, as she has traveled the world, learning, teaching, and making friends every step of the way. Nancy brings to the health industry a commitment to giving people a positive, powerful, and principled mindset as a backdrop to become all we can be. She appreciates the challenges that we all face as the difficulties we have in battling the bulge. The Protein For Life program presents a lifestyle that works and has proven results. Nancy calls it the "your last diet" because you will learn how to live healthy in the "real world." For years, she hosted the popular "Nancy Hopper Show," interviewing guests and showcasing programs relevant

to nutrition, and always encourages people to keep "hoppin' to it!" Nancy's enthusiasm keeps her excited about life, and her signature statement, "It's Unbelievable!" expresses her view of life and its possibilities. People are drawn to Nancy and her genuine concern for those around her results in a long list of friends.

She wants to develop her own key note different from what she has spoken on in the past. So with TM's right in her area, she feels that she can help others and also develop stronger as a speaker with others' insight. A work in progress!

Note: We are really happy and blessed to count this new, very accomplished person as member of our LTTM club.

Nancy: Congratulations on giving your Icebreaker speech.



Way to Go!

Our Club's Achievements

Congratulations to our Club!

10th Anniversary Celebration
(See October 1 meeting notes)

Club Members' Achievements

Congratulations to Jerri Ward for placing second in the Tall Tales contest at the Area L45 contest.

Club Meeting Highlights

October 1 meeting:

Every accomplishment starts with the decision to try.... and tried they have.....

The **10th Anniversary of the Lake Travis Toastmasters** was celebrated on October 1, 2012. Kay was filled with excitement, friendship and effervescence. People attended that were at the very first meeting on August 14, 2002 who were responsible for the 'birth' of the club; had been district and international officers; and Toastmasters members from 13 to 19 years.



Speak Up!

District 55

Club # 9752

October, 2012

The Toastmaster for the evening was Cathleen McGrath, Immediate Past President, who led the group's educational portion of the meeting as well as presented the awards of appreciation. Accolades for holding the group together during the times of slim membership, numerous contributions over the years and coordinating the celebration go to Cathleen!!

Rick Carpenter wowed the attendees as MC of the impromptu speaking portion of the meeting, commonly known as "Table Topics" asking dignitaries as well as guests to speak on topics regarding Toastmaster history, accomplishments, personal rewards and goals. Charter Member and Treasurer, Faye Crossett orchestrated the refreshments with members bringing items to share and enjoy. Kay McManus, charter member and current president is also the driving force in the success of our club.

"History never looks like history when you are living through it. It always looks confusing and messy; arduous and uncomfortable. The group toasted memories, future achievements, another ten years and the saving grace that

friendship divides the sorrow and multiplies the joy."



October 15 meeting:

Faye Crossett was the TM of the evening, and her theme was "Light/Fall." There were two speakers: Renu giving speech entitled: "Lurking in your Food?" and Nancy Hopper with "Beginnings – Practice, Practice, Practice."

Jerri Ward and Mary Jo Lucas were the evaluators.

Our TM, Faye, wore several hats ~ TM, GE & TT "starter." She explained to everyone that we would have a Round Robin Table Topics and asked everyone to jot down a

question. She started the round. The person she called on gave their response and then asked their question, calling on the next person. Each person had the 'opportunity' to answer a question and then ask a question. She told them it would give them a brief experience of being the TT Master so that they would feel comfortable being a 'full' TT Master at another meeting!

New member Shana DeFries was the WAG and timer/vote counter was Rob Arnold.

Note: What a novel way of conducting T/T. Good job, Faye!!!

October 29 meeting:

Toastmaster of the evening, Consuelo Hartman, conducted the meeting. Her theme was "Halloween" and she shared origins and tidbits of this celebration. As with the usual flexibility from our members, we filled out the agenda for members who had signed-up but didn't attend. Our speakers, Marc Morales (Welcome back) and Kay McManus entertained us with stories from their lives. Marc with his "Key" story kept



Speak Up!

District 55

Club # 9752

October, 2012

us in suspense and thrilled us with his daring feats. Kay, as always, was magnificent. She wore her "costume" props to lead us through her different phases in life in her "Trick or Treat" speech. She had a round robin evaluation.

Rick Carpenter as the T/T master wove topics from our Halloween experiences. Teresa Morris-Wright debuted as the GE and was Evaluator for Marc which she did both with great panache. Faye as our "Witch of the Hill Country" kept us on time and in line with the WOD "Horrific."

It was "horrific" that some of you were not able to attend the meeting but we had a "super entertaining" meeting. And our guest, Terry Shook agreed with us.

On the business portion: Kay mentioned that the District 55 conference will be on November 9-11 at the Holiday Inn. There is a special pricing for new attendees and a la carte pricing too. It is well worthy to attend this type of events as you will listen to the best of the best speakers from District 55. For more information, please check: www.dm55.org.

Toastmasters Int'l News

VIDEOS OFFER TIPS

More new videos have been added to the Toastmasters video series of time-tested tips for improving communication. Watch them at www.toastmasters.org/videos

HAVE QUESTIONS?

Check out the updated TI FAQ webpage for answers to members' most commonly asked questions. www.toastmasters.org/FAQ

Upcoming Events:

November 9-11: Fall 2012 District 55 Conference in Austin TX. Theme: "Mission Possible, Launch Your Leaders."
(Full registration is \$115.00). There is also A la Carte pricing.

Congratulations!!!



Happy birthday to the following members:

Chris Hewitt – October 12
Consuelo Hartman- Nov. 9

Kirti Sheth – November 11
Jerri Ward – November 30



Educational Corner

Article from TI website:

What Toastmasters Can Do For You

Your potential is limited only by your excuses.

Whether you work in a corporate environment or from home, whether you are a student or retiree, Toastmasters is the most efficient, enjoyable and affordable way of gaining communication and leadership skills.

Become a Better Speaker

Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. By learning to formulate and convey your ideas, you open a new world of possibilities. You will be more persuasive and confident when giving presentations and you will improve your one-on-one dealings with others.



Speak Up!

District 55

Club # 9752

October, 2012

Become a Leader

Leadership is the art of persuading others to do what you wish. To succeed, you need to communicate, and you need to work as a team. In Toastmasters, you'll do both. And you'll find out how to vary your approach to suit the needs of different people, be they the audience for a speech, the committee for a fundraiser or your coworkers and managers.

It Really Works!

Don't worry! Everyone in a Toastmasters club was once at the level you are now. The environment is friendly and supportive, and the self-paced program allows you to build confidence with each speaking assignment.

And you'll love the applause! Constructive evaluation is the heart of the Toastmasters program. Each time you give a prepared speech, an evaluator will point out strengths and suggest improvements.

What Happens When I Join?

With more than 226,000 members in 11,500 clubs in 92 countries, you're sure to find a meeting near you. Most groups meet weekly or biweekly for one to two hours. The meetings are

organized so that everyone will have a chance to speak, should they want to. You schedule your own speaking assignments a few weeks in advance, so you'll have plenty of time to prepare. Speaking assignments are varied, with the first one designated as an "ice breaker" – a description of yourself and your life that lasts between five and seven minutes. You'll be assigned a mentor to help you settle in and get through your first speaking roles. As you grow in confidence, your assignments will grow with you.

Importantly, whenever you stand up and speak, you receive encouraging, helpful feedback on how it went and how you can improve next time.

Since 1924, Toastmasters International has helped millions of men and women become more confident in front of an audience. Our network of clubs and their learn-by-doing program are sure to help you become a better speaker and leader. Why pay thousands of dollars for a seminar when you can join Toastmasters for a fraction of the cost and have fun in the process?

Club Programming - Themes Make Meetings Merry



THEME MEETINGS CAN BE FUN AND EDUCATIONAL.

They also add variety to the club's programming. For example: you can organize a theme evening "Aloha Night" This event will not only add variety in our programming but also encourage members to bring guests to the club. There could be delicious Hawaiian concoctions for all to enjoy. Wouldn't it be a wonderful idea?

Let's implement and hold theme meetings at every meeting, and these could be centered around holidays, anniversaries and current events. Here are some suggestions:

- * Best Friends
- * Traditions
- * Music
- * Great inventions
- * Sports
- * Heroes

All it takes is a little imagination for club members



Speak Up!

District 55 Club # 9752

October, 2012

to create some memorable meetings.

On the Motivational Side

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

Ask, Believe, Receive - just three simple steps to create what you want. However, very often the second step, believe, can be the most difficult one. And yet it is the greatest step you will ever take. Believing contains no doubt. Believing does not waiver. Believing is absolute faith. Believing remains steadfast despite what is happening in the outside world.

When you master believing, you have mastered your life. May the joy be with you!

The Optimist Creed

Promise Yourself --

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

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Sayings of the Month

"The single biggest problem in communication is the illusion that it has taken place."

George Bernard Shaw

"The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence."

**Eddie Robinson,
College Football Coach**

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Good Clean Fun!

How many mystery writers does it take to screw in a light bulb?

Two: one to screw it almost all the way in and one to give it a surprising twist at the end.

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.

Special Note:

Got suggestions or ideas of things you want to see covered? Drop me a line at harco001@gmail.com. I also welcome your timely contributions by the 27th of each month.
