DOMINGUEZ HILLS SPEAKS
TOASTMASTERS
NEWS
“Friends helping friends to succeed”

July 2008 District One * Area D-2 * Club #731252 * Volume 1, Number 3

Meeting Information

2nd & 4th Thursdays
12:05 p.m.-1:00 p.m.
Welch Hall, 4th Floor, room B-488
California State University,
Dominguez Hills
1000 E. Victoria St., Carson, CA
90747
(310) 243-2535

In This Issue

• Message from the President
• About Toastmasters
• Benefits of Toastmasters
• Educational Tip
• Best Speaker
• A Toastmasters Testimony
• 10 Tips for Public Speaking

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.

Message from the President

Greetings! I hope you are having a great summer. On behalf of the Dominguez Hills Speaks Toastmasters, you are cordially invited to attend our club meetings as listed. Come and listen to interesting, motivating and heartwarming speeches from our members. The Toastmasters communication and leadership program has something for everyone. Membership is open to students, alumni, staff, faculty and the community. Visitors are always welcome.

Make joining Toastmasters one of your goals for 2008.

Linda L. Brown, CTM-CL
Club President

About Toastmasters

From a humble beginning in 1924 at the YMCA in Santa Ana, California, Toastmasters International has grown to become a world leader in helping people become more competent and comfortable in front of an audience. The nonprofit organization now has nearly 226,000 members in 11,500 clubs in 92 countries, offering a proven – and enjoyable! – way to practice and hone communication and leadership skills.

Most Toastmasters meetings are comprised of approximately 20 people who meet weekly for an hour or two. Participants practice and learn skills by filling a meeting role, ranging from giving a prepared speech or an impromptu one to serving as timer, evaluator or grammarian.

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There is no instructor; instead, each speech and meeting is critiqued by a member in a positive manner, focusing on what was done right and what could be improved.

Good communicators tend to be good leaders. Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. You'll learn to relax, plan, and present a terrific speech, whether you have 10 days to prepare or just 10 seconds. You'll learn and practice in a friendly, comfortable environment with people who are there for the same reason you are - to become better communicators.

-TI Website
Officers - 2008-09

President
Linda Brown, CTM/CL

V.P. Education
Adria Edwards, ATMB/CL

V.P. Membership
Marcus Vincent

V.P. Public Relations
Enola Thompson-Logan, DTM

Secretary
Enola Thompson-Logan, DTM

Treasurer
Crystal Jackson, CC/CL

Sergeant-at-Arms
Linda Brown, CTM/CL

Immediate Past President
Enola Thompson-Logan, DTM

Active Members
Betty Blackman
Linda Brown, CTMCL
Adria Edwards, ATM/CL
Argie Grimshaw
Crystal Jackson
Tina Lee, CTM
Jill Rosicki
Lois Segoviano, CC
Enola Thompson-Logan, DTM
Marcus Vincent
Javette Youngblood, CTM/CL

Benefits of Toastmasters

This non-profit organization offers a proven – and enjoyable – way to practice communication and leadership skills. Here's how it works:

• **A Toastmasters meeting is a learn-by-doing workshop** in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 20 to 40 members who meet weekly or biweekly to practice public speaking techniques. The average meeting lasts one hour.

• **Members learn communication skills** by working in the *Competent Communication* manual, a series of 10 self-paced speaking assignments designed to instill a basic foundation in public speaking. Participants learn skills related to use of humor, gestures, eye contact, speech organization and overall delivery. When finished with this manual, members can choose from 15 advanced manuals to learn skills related to specific interests.

• **Members also learn leadership skills** by taking on various meeting roles and serving as officers at the club and district levels, and by working in the *Competent Leadership* manual and the *High Performance Leadership* program. In our learn-by-doing approach, we don't lecture our members about leadership skills; we give them responsibilities and ask them to lead.

• **There is no instructor in a Toastmasters meeting.** Instead, members evaluate one another's presentations. This feedback process is a key part of the program's success. Meeting participants also give impromptu talks on assigned topics, conduct meetings, serve as officers in various leadership roles and learn rules related to timing, grammar and parliamentary procedure.

Thousands of corporations sponsor in-house Toastmasters clubs. Businesses and government organizations have discovered that Toastmasters is an effective, cost-efficient means of meeting their communication training needs.

Toastmasters groups also can be found in governmental agencies, as well as in a variety of community organizations, prisons, universities, hospitals, military bases and churches.

Thought for the Day

Get hot, get cold, get tired, get informed, get out of your comfort zone and get involved in this magnificent life. Drink in the delightful richness of a life fully lived.

-- Ralph Marston

TI Website
Accomplishments
2007-2008

Competent Communicator (CC)
Jay Conedy, CC
Crystal Jackson, CC
Lois Segoviano, CC

Advanced Communicator (AC)
Danielle Brinney, ACB
Enola Thompson-Logan, ACG

Distinguished Toastmaster
Enola Thompson-Logan, DTM

Competent Leader (CL)
Adria Edwards/CL
Crystal Jackson/CL

Ice Breaker Speeches
Jill Rosicki

Congratulations to all of the Dominguez Hills Speaks Toastmasters Club Members!

Educational Tip

Fear and loathing on the podium.

Believe it or not, your chances of dying of stage fright are extremely slim. You might feel as if you are dying on the stage, but chances are good your audience won’t even notice your wobbly knees and sweating armpits. Even the best speakers were once terrified novices, feeling the same symptoms as you when facing an audience. Fear no more! Toastmasters is the best place to learn, to build your confidence, and to push yourself outside your comfort zone. It’s a safe place where there is no penalty for failure!

When you are ready, visit a DH Speaks Toastmasters meeting. -TI Website

Best Speaker

At each Toastmasters meeting, one person is voted best speaker. The following are highlights from a speech delivered by best speaker Crystal Jackson, CC/CL

PAPPY’S PERFECT PARTY PEOPLE PACKAGE

This speech was one that I had a large amount of fun with. It consisted of my barn yard hat, My pappy’s horse and his PPPP Package. Pappy had gotten it in his head that he needed to find a way to make some money and since the barn yard was making all that it could and my pappy loved to party he figured that I could sell his party package for him. Well I brung some party stuff to the meetin and tried as hard as I could to sell some of the party stuff to my fellow toastmasters. You should have seen them in their party hats with ears, and their party jewelry and treats. Boy that was a day of fun that my pappy would have been proud of. Should any of you ever need the PERFECT PARTY PEOPLE PACKAGE, just give me and my pappy a holler.

-CJ
A Toastmasters Testimony

My decision to join Toastmaster’s came in January 2008, after completing my first of four semesters in the Master of Social Work Program here at CSUDH. Prior to joining Toastmaster’s, I had managed to avoid public speaking for most of my adult life because speaking to an audience has always terrified me, until now, that is. Since becoming a member of Toastmaster’s, I can honestly say that my oral presentations have improved drastically. Not only have I received A’s on my presentations during my second semester, but classmates have asked me where I developed this new found confidence in myself, and in my oral presentations. The credit goes entirely to Toastmaster’s and the unconditional support I have received from its officers and members.

Thank you, Toastmasters!

Sincerely,

Jill Rosicki, Age 47
Master of Social Work Program

10 Tips for Public Speaking

Feeling some nervousness before giving a speech is natural and even beneficial, but too much nervousness can be detrimental.

Here are some proven tips on how to control your butterflies and give better presentations:

1. Know your material. Pick a topic you are interested in. Know more about it than you include in your speech. Use humor, personal stories and conversational language – that way you won’t easily forget what to say.
2. Practice. Practice. Practice! Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
3. Know the audience. Greet some of the audience members as they arrive. It’s easier to speak to a group of friends than to strangers.
4. Know the room. Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
5. Relax. Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. (“One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.
6. Visualize yourself giving your speech. Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping – it will boost your confidence.
7. Realize that people want you to succeed. Audiences want you to be interesting, stimulating, informative and entertaining. They’re rooting for you.
8. Don’t apologize for any nervousness or problem – the audience probably never noticed it.
9. Concentrate on the message – not the medium. Focus your attention away from your own anxieties and concentrate on your message and your audience.
10. Gain experience. Mainly, your speech should represent you — as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.