

Lawson THRILL Reader



Lawson Thrill Speakers - Toastmasters International

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Club 7507 District 6

November 2003



Ice Breaker Speech Success

Katie Vandendriessche completed her first speech titled "When Opportunity Knocks". She did a great job on her speech - CTM Speech #1 (better known as the "Ice Breaker"). This speech is the first chance for new club members to present a prepared 4-6 minute speech about themselves.



Katie with her speech prop – a map of Australia.



President's Notes

Doug Petty

Welcome to autumn fellow Toastmasters. October has been a great month of meetings with a recurring theme, FALL. As the temperature cools down, our club definitely has not. We had an unprecedented two, final, CTM speeches at our club meeting on October 9th. Congratulations to Kari Mc Manus and Manoj Prasad for reaching the level of CTM (Competent Toastmaster).

A quick update on our quest for a second, annual, President's Distinguished Club Award. We are four months into the fiscal year, have accomplished two of ten requirements, and are making good progress toward membership and administrative goals.

Membership is the key to our success. We have welcomed two new members for this fiscal year: Jeff Fishbach and Katie Vandendriessche. Our goal is 8 new members by June 30, 2004. I am confident we can reach this goal. We have a vibrant club that has achieved notable recognition and produced quality Toastmaster leaders in its brief year and a half charter. Kari McManus leads our membership efforts. If you have ideas or suggestions, please take a moment and speak with Kari. Share your experiences and people will come.

Thank you for all your participation. LTS is the club it is because of you. Make it a great November. There is a cornucopia of opportunities waiting for us this year.

Newsletter Naming Contest Winner Announced

The winning entry in the club contest to name this newsletter was submitted by David Cathcart. "**Lawson Thrill Reader**" was his entry and was selected by garnering the most member votes. David wins a Toastmaster manual of his choice. Congratulations to David! Thanks to everyone for all the entries and your participation.

HEAR YE HEAR YE: CTM LEVEL ACHIEVED

Since the beginning of the 2003 Toastmaster year Lawson Thrill Speakers now boasts three new CTMs (Competent Toastmaster). The following members have completed ten manual speeches that focus on specific skills such as vocal variety, body language and organizing your speech.

Congratulations to: Manoj Prasad, Kari McManus, and Sharon Miller.



VP of Education Notes

Elle Hamen-Kieffer

Move It or Lose It

Move your body or lose your message.

Research has shown that when you speak 55% of what the audience remembers is based on how you look, 38% is based on your body language and voice and only 7% is based on what you actually say.

Bottom line: how you act, appear and sound determines how the audience will respond to you and your message.

Do you know why body language is so important when giving a presentation? It helps you:

1. Clarify and support your words
2. Dramatize your ideas

3. Emphasize the spoken word
4. Dissipate nervous energy
5. Use your body as a visual aid
6. Stimulate audience participation

There are **five areas** to work on as you explore body language.

- **Posture:** By standing tall tells your audience that you are confident. It also helps with your breathing so you can project your voice well.
- **Gestures:** Some people are very natural with their hand gestures and others are not. Your hands become your portable visual aids and can really help get your message across. The key is to make them natural. You can do this by practicing your speech. Your body wants to move so let it. Clapping your hands is stifling your message.
- **Body movements:** By moving your body you will attract your audience's attention and not allow them to take a nap while you are speaking! Keep in mind that when using any kind of movement you want to be deliberate, natural but deliberate. That means that if you are pacing, rocking or swaying you will lose your audience because it is a distracting movement. You want your movements to emphasize your point.
- **Facial Expressions:** Have you ever heard a speaker say, "I am so excited to be here." and their face looks like someone just died? Facial expressions help you convey emotions and attitudes better than any other part of the body. And if you don't know which expression to make, at least smile. The audience will warm up to you if you simply smile
- **Eye Contact:** We all know the importance of eye contact but many people still don't do it well. The reason why we use eye contact is because it creates a bond with the audience. If we take a few seconds to really look someone in the eye while we are speaking, it will make him or

(Move it or Lose It – Continued from P 2)
her feel like you are talking solely to him or her. It makes people feel special when a speaker looks at them. **A tip:** Don't look like an oscillating fan when giving eye contact! You know, side to side fanning quickly over the eyes of the audience. Look around the room naturally.

In my speech for the Toastmasters Humorous Speech Contest, I intentionally used more body language because I needed to connect more with the audience, make them laugh and use my nervous energy. (I had a LOT of it!) In fact I practiced my speech so many times that my body knew where my speech was going next without me telling it. This helped me remember the words of my speech. I knew that if my body was moving to sit down on the chair, I was going to talk about Dangle Syndrome. My speech became automatic and easy instead of forced and rigid.

I encourage you to start using your body language to speak for you, not against you. If you don't move it, you will lose it!

youhavethepower@comcast.net

Member Achievements Year 2002 Highlights

Our first year as a Toastmasters club resulted in many education and leadership certification achievements. Four members achieved their CTM. These included the following: Joan Watson, Elle Hamen-Kieffer, Muniesh Khandelwal and Mark Wilhelm. Two members earned their Competent Leader designation for serving as club officers, attending officer training and delivering two educational speeches. These members are Joan Watson and Muniesh Khandelwal. Joan Watson earned the Advanced Toastmaster Bronze award.

All of these achievements helped our club to earn the President's Distinguished Award.

This award represents the club having four members earn their CTM, two members earn their CL, one member earn an ATM, officer list and dues submitted to Toastmasters International (TI) by the due date. Also at least four club officers must attend two, officer training sessions and eight new members join the club.

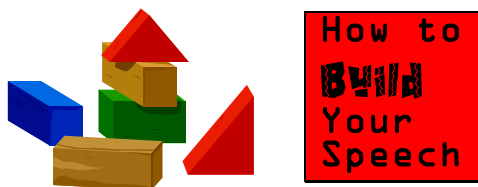


Joan Watson, Gabrielle Hamen-Kieffer, Muniesh Khandelwal and Mark Wilhelm

QUOTE for the Month

Real generosity is doing something nice for someone who will never find it out

Frank A. Clark



Choose a Topic: Choose an idea or event that you know. Personal experiences help make the topic real and sincere to you and your audience. Everyone enjoys the personal touch.

(How to Build Your Speech – Continued from P 3)

Create an Opening: Challenge your audiences, ask a question, tell a personal story, and use a quotation that applies. Grab the audience's attention.

Structure the Body: Brainstorm ideas, facts, experiences that relate to your topic. Jot down everything you think could be relevant. Review the list and decide on three key points that can be put together to create the body of your speech. Arrange the three ideas in a logical order. Elaborate on each of the three points to develop those ideas.

Deliver with a strong Closing: Make the closing memorable. Summarize your key points. Tie back to the opening to close the speech for your audience. They will remember best what they hear last.

Using notes: Notes are acceptable for a speech but remember they are just notes, not your entire speech. You chose the topic because it is something you know. Notes are key words to help to stay on track. The exact words will come from your personal knowledge as you speak from your experiences

Practice, Practice, Practice: Practice to become comfortable with the flow of the topic. Practice to fit the time you have to speak. Practice to remind yourself you can do this and gain confidence.

WORD of the Month

Canorous: *adj.* (Pronunciation: ka-'nor-us)

Definition: melodious, musical; from Latin *can(ere)* to sing.

Example of usage: "My daughter's canorous talent obviously did not come from my side of the family."

Tips for Table Topics

Table Topics provide an opportunity to practice thinking on our feet by giving an inpromtu speech on any topic or question the Topic Master has in store. The goal is to speak for at least one minute and no longer than two minutes & thirty seconds.

Think of your response as a "mini speech". It should include an introduction which could include restating the question. The body could include an explanation of the answer to the question. Conclude the mini speech with summarizing the answer or reason for your response.



Jeff Fishbach sharing his table topic at a recent meeting.



Reading Corner

Type Talk at Work by Otto Kroeger

- Learn how your Myers-Briggs type indicator can affect your work
- Doug Petty's recent speech used this book as a reference

Sherman's 21 Laws of Speaking

by Rob Sherman

- Learn to improve your ability to communicate and inspire others.

Musical Toastmasters?



Musical ability abounds at Toastmasters – thanks to Muniesh Khandelwal on the harmonica.

Calendar of Important Events

- December 5, 2003: District 6 Holiday party at Awada, St. Paul
 - December – February: Officer training
 - February 21, 2004: TELI Darren LaCroix 2001 World Championship Speaker
 - March 16, 2004: Area 15 Spring Speech Contest at MN Mutual
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Lawson Thrill Speakers Toastmasters Club 7507
Meets every Thursday at 12:00 noon at:
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Club website: <http://www.lawsonthrillspeakers.org>

District website: <http://www.d6tm.org>

International website: <http://www.toastmasters.org>

And, a little communication humor



Lawson Thrill Reader is a monthly publication for all club members and future members.

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