

Lawson THRILL Reader



Lawson Thrill Speakers - Toastmasters International

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Club 7507 District 6

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Newsworthy Milestones In February

Lawson Thrill Speakers members have accomplished several newsworthy milestones over the past month. Sarah Haase earned the ROKS award (Club award for: Recognition of Key Skills) for completing her seventh CTM speech. Steve Sheehan completed his Competent Toastmaster certification with his excellent speech titled *"The Renaissance Continues"*.



Sarah Haase accepting ROKS award from President Doug Petty



CTM level achieved for Steve Sheehan

QUOTE *for the Month*

I love deadlines. I like the whooshing sound they make as they fly by.

Douglas Adams



President's Notes

Doug Petty

As winter winds down and the weather starts to warm up, I look forward to the blooming of spring. As the plants and tree sprout new branches and leaves, the first thing that comes to my mind is how can I use this metaphor for my monthly article in the Lawson Thrill Reader.

Just as autumn brings the falling of leaves, we have seen some of our members leave or slow their membership because they are pursuing exciting new opportunities. Like spring we also have a new group of members that are already adding new excitement and energy to the club. I would like to extend a special thank you to Katie Vandendrissche for stepping up to fill the big shoes of Kari McManus as VP of Membership.

With spring approaching so does our quest for President's Distinguished Club. We are moving nicely toward our goal and have achieved more than half of the specific, required goals to reach this distinction. I am going to take this spring analogy one step further and say we are still looking for new members. In order for President's Distinguished to be a reality, we must have at least twenty members on our club roster and nine out of ten goals attained. One of the ten goals, of which we can earn a point, is the addition of four new members and then another point for four more new members.

Let's take spring and use it to GROW our club branches and add as many leaves as we can. Make it a great Toastmasters spring.

What's happened at TELI (Toastmaster Education Learning Institute)



Tom Kieffer, Elle Hamen-Kieffer, Joan Watson and Laura Hutt enjoying lunch and some laughs at the TELI

Imagine meeting someone at the top of his game and getting the chance to see him at the very beginning. Inspiring...yes, but even more it demonstrates that everyone has the ability to be great. It just takes the desire and the willingness to do whatever it takes. This exemplifies Darren LaCroix: 2001 World Champion of Public Speaking. At TELI he shared how anyone can become a better speaker if you are willing to work hard at the right things and want it. According to Darren the three most important habits to create include:

1. **Never turn down stage time**
 - a. Take any opportunity to give a speech
 - b. The more you speak in front of an audience the better you become
2. **Record yourself every time!**
 - a. Every time you give a speech record it
 - b. Listen closely to how you use your voice
 - c. Watch videos of your speeches; yes really watch them
3. **Can you be humble?**
 - a. Be open to suggestions and ideas
 - b. Get a coach or mentor and practice what they tell you

His speaking coach told him, "If you want to work with me you must write out your

speech". All the championship winners write their speeches!!

In addition to having the opportunity to hear Darren speak and inspire, there were several other educational sessions. It was a great opportunity to mingle with several hundred fellow Toastmasters and have some fun. Plan ahead and attend the next TELI this summer.



Visit Darren's web site to sign up for his free newsletter:

www.Humor411.com
www.WorldChampionSpeakers.com



VP Education Notes
Gabrielle Hamen-Kieffer

By Joan Watson

Editors Note: Elle is taking a break this month. Joan Watson will be the guest-writer for this column.

A short follow-up regarding Speechcraft.

The goal is to conduct a Speechcraft session starting in April at the latest. I will be setting up a meeting to organize the event within the next couple weeks. Sharon Miller and Muniesh Khandelwal volunteered to help organize this event. However, we can never have too many people to help with the process. Volunteers are always welcomed!

I am eager to hear ideas, see volunteers do educational speeches and be evaluators, and the Toastmaster role is still available. Even more important, spread the word. This will be a great chance to hone our leadership skills as well as gain more new members with their fresh ideas.

We will keep everyone updated.

Newest Member of Lawson Thrill Speakers



A special welcome to Shannon Zappa, the newest member of Lawson Thrill Speakers. Shannon works at Ecolab corporate offices in downtown St. Paul. Be sure to greet Shannon and introduce yourself at the next weekly meeting.

Are You Willing to Serve?

In recent issues of this club newsletter, you have heard from your Treasurer and Sergeant at Arms. Next month's newsletter will discuss the Secretary position and then the VP of Membership. This serves two purposes:

- To inform everyone of the responsibilities of the role
- To encourage members to think about running for an office next year

Club elections are held every May for the following TM year. New officers start their term in July, attend training, and plan the direction for the club during the summer months.

You don't need to be a long-time member or have to know everything about Toastmasters to volunteer for an officer role. It is one of the best ways to become involved at another level within Toastmasters and practice your leadership skills too. Your ideas, enthusiasm and commitment are the only requirements to be an officer.

Calendar of Important Events

- March 16, 2004: Area 15 Spring Speech Contest at MN Mutual
- April 1, 2004: Eastern Division Speech Contest location TBD
- April 23-24, 2004: District Spring Convention in St. Paul

Check the district website for registration information.

Something to Ponder

Communication involves listening, listening closely and listening carefully.

An actual radio conversation released by the Chief of Naval Operations on October 10, 1995.

Hail: Please divert your course 15 degrees to the North to avoid a collision.

Reply: Recommend you divert YOUR course 15 degrees to South to avoid a collision.

Hail: This is the Captain of a US Navy ship. I say again divert YOUR course.

Reply: No, I say again, you divert YOUR course.

Hail: THIS IS THE AIRCRAFT CARRIER ENTERPRISE. WE ARE A LARGE WARSHIP OF THE US NAVY. DIVERT YOUR COURSE NOW!

Reply: This is a lighthouse...your call.



Reading Corner

"Laugh & Get Rich"

By Darren LaCroix

- Great resource for how to have fun at work
- Humor is the most underrated and overlooked value-added service you can provide...and it costs you nothing.

Read any good books lately? Share your findings in the newsletter!

Officer Update: Sergeant At Arms

By Harlan Johnson

No, it's not a military thing. No, it doesn't require a "Conceal & Carry" license. The position of Sergeant at Arms within Toastmasters is fun, yet challenging, and sometimes is a "behind the scenes" type of role.

The main organizational responsibilities involve the set-up and organization of meeting rooms for club events and maintaining club property. (Forms, banner, lectern, name-cards, etc.) But equally important are the responsibilities of greeting members and guests, assisting with name-cards, ensuring the meeting starts on time, collecting ballots, maintaining timing lights, and assisting with the projection equipment.

A good analogy for the Sergeant at Arms at Toastmasters, is that of a Stage Manager for a play. That person knows when the curtain goes up, who's speaking, who's next on the stage, props changes, and when the curtain comes down. Should something go wrong at a meeting, the Sergeant at Arms is the go-to person for troubleshooting any problems to keep things progressing as smoothly as possible with minimal disruption to the overall meeting.

Similar to the other Board positions, the Sergeant at Arms attends the monthly Executive Board meetings to provide input, ideas, votes, and leadership to benefit the club.

So Long Mark!

Mark Wilhelm, a charter member of Lawson Thrill Speakers, has resigned from Lawson Software. Because his new job is not in downtown St. Paul, Mark will not be able to

attend all of our weekly meetings, but will try to return for some of them.

Mark may have "left the building" in person, but will be with Toastmasters in spirit forever! Best of luck, Mark!



A farewell wave from Mark Wilhelm

Inspiration Or: What can I talk about?

The schedule has been out for weeks and your turn to speak is this week. You had lots of time to think about it but somehow the time slipped away and now you must have a topic to talk about. Has this ever happened to you? Where can you get inspiration for your manual speech?

Take a hint from L. Frank Baum, author of *The Wizard of Oz*. He had finished the outline to the story but hadn't come up with the name of the enchanted land where Dorothy, the Tin Man, Scarecrow and the Cowardly Lion sought help from the Wizard. As he gathered up his files, Baum's eyes fell upon a drawer in his filing cabinet marked, "O-Z".

You may not need a name for an enchanted land but keeping a notebook with funny stories, events or silly things you notice can help inspire you with a topic for a speech.

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Everyone has some family tradition, event or memory that makes people laugh or cry. If you have kids, pets, siblings, co-workers or a boss, there is always something going on that can be a topic for a speech.

Using Vocal Variety

For some reason when many people speak in front of a group they stiffen up and speak in a trance-like monotone voice. The most effective and pleasant tone for an audience to listen to is a **conversational** tone. The speaker should “just have a conversation” with the audience.

During the course of daily conversation we all use plenty of emotion in our voice. We become excited, happy, upset, angry, sad, etc. A speaker’s voice should reflect these same normal emotions where appropriate throughout his or her speech. In other words, **BE YOURSELF!**

How we say something is five times more important than **what** we say.



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