



PENINSULA TOASTMASTERS NEWSLETTER

Club News And Events

**Peninsula Toastmasters
Club #174**

www.pv174.org

Follow us on Facebook at
Peninsula Toastmaster's
Club 174

We meet every Monday at
Coco's Restaurant on 28300
Western Avenue, Rancho
Palos Verdes, California
90275.

Issue 03/2013

March 2013

INSIDE THIS ISSUE

- Mentor's moment.
Charisma
- Testimonial.
*Toastmasters In The
Corporate World*
- Public Speaking.
*Ten Tips for Successful
Public Speaking*
- Contest Season.
*Answers To Three
Important Questions About
Toastmasters Evaluation
Contests*

To our guests

Eva, Esther, Gerrie, Dawer,
Danielle, Eric and Bethany,

Thank you for sharing some
time with us. We were glad to
have you in our Monday's
meeting. We look forward to
seeing you all very soon!



Mentor's Moment

Charisma

How many of you know the meaning of charisma? How many of you have charisma? How many of you would like to have charisma? I would be kidding if I say that, unfortunately, you have to be born with it! There is hope for all of you out there, including me.

Merriam Webster dictionary describes *charisma* as the special charm or appeal that causes people to feel attracted and excited by someone. You'll find most charismatic people in social interactions such as, sales, entertainment, politics and public speakers. Some charismatic people were Ronald Reagan, Bill Clinton and Winston Churchill. Some who were not—but developed it—are, Arnold Schwarzenegger, George Foreman and Princess Diana.

When speaking to a charismatic person, you will notice they:

- Speak to you directly—even if there are people around them.
- Concentrate and focus on what you are saying.
- Make you feel as if you are the only person in the room—and your estimation of yourself becomes higher.

Even if you're angry with them, in a few minutes they have you hooked!

These are the behaviors all of us need to adopt:

- Enthusiasm
- Optimism
- Eye contact
- Speak with authority
- Stand erect with shoulders back
- Focus on what the other person is saying, and
- Do not let your mind stray with other thoughts

You too will develop graciousness and true charisma.

By Betty Nebelsky, DTM

What's New

The 1+1 Campaign is a new membership-building program designed to help grow and strengthen our organization. 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 1st, 2012 through June 30th, 2013.

www.toastmasters.org/1plus1

Mark Your Calendar

District One Spring Conference

District One Spring Conference will be held April 27th, 2013 at **Hyatt Regency Long Beach**, 200 South Pine Avenue Long Beach, CA 90802 from **7:00 AM to 5:00 PM**

Online registration at:
<http://www.tmdistrictone.org/conference.aspx#schedule>

June 2013

#174 Club Peninsula
Toastmasters will celebrate its 30th anniversary the last weekend of June.

Save the date!

Club's Achievements

Our club is SELECT DISTINGUISHED CLUB for having achieved 8 out of 10 goals at year-end. Congratulations!

Testimonial

Toastmasters In The Corporate World

My name is Julia Burge. I have always had a negative reaction to speaking in public: I would turn red, my voice would crack and my hands would shake. Trying to move up in a corporate setting is almost impossible without having a strong voice and an equally strong presence. I always had confidence in speaking for myself –however, I was unable to vocalize it when needed. I knew that I had to do something if I wanted to further my career.

I had been told about Toastmasters clubs several times. I decided to attend one in my community. The club –although left much to be desired—put me on an excellent path. At the meeting I attended, the Area Governor happened to be visiting the club at that time. She assisted me with starting not one but two Toastmasters clubs at my company. With my persistence –and the permission of management—my colleague and I started the clubs in March 2010. Both clubs have been Presidents Distinguished ever since. I have benefited greatly not only from having clubs at my place of business that I helped create, but during the demo meeting I met my future manager. When a position opened in his department, I reached out to him and introduced myself as the co-founder of the two Toastmasters clubs. That position lasted 2-½ year, when another Toastmasters job opportunity presented itself. I was approached by a Director who asked that I come work in her department; an organization that I had no prior experience in. However, she saw in me from those Toastmasters meetings an employee that she wanted on her team.

To say that Toastmasters has changed my life is an understatement. I don't even know how my life could have been any better if it had not been for Toastmasters.

I can't wait to see what happens next!

By Julia Burge, DTM

Public Speaking

Ten Tips For Successful 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 personal stories and conversational language –that way you will easily remember what to say.
2. **Practice, Practice, Practice!** Rehearse out loud with all equipment you plan on using. Revise as necessary.
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.** Ease tension by doing exercises. 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 don't want you to fail.
8. **Don't apologize** for any nervousness or problem –the audience probably never noticed it.

FLASH TIPS

Are You The Grammarian Of The Meeting?

Then remember: if you pick up a Word of the Day somehow related to the theme of the meeting, speakers may use it with ease.

Theme: *Imagination*

Word of the Day: *Visionary* (adjective)

Theme: *Population*

Word of the Day: *Exponential* (adjective)

Theme: *Romance*

Word of the Day: *Enamor* (verb)

Theme: *Pet Peeves*

Word of the Day: *Aggravate* (verb)

WORD CHOICE

This glossary includes words commonly confused, misused, and nonstandard.

Compare to vs. compare with

Compare to means “to represent as similar.”

Compare with means “to examine similarities and differences.

She compared him to a wild stallion.

The study compared the language ability of apes with that of dolphins.

Could care less

Could care less is nonstandard. Use *couldn't care less* instead.

He couldn't care less about his psychology final.

Different from vs. different than

Ordinarily, use *different from*. However, *different than* is acceptable to avoid an awkward construction.

Your sense of style is different from Jim's.

Please let me know if your plans are different than (to avoid from what) they were six weeks ago.

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.** Experience builds confidence, which is the key to effective speaking. A Toastmasters group can provide the experience you need in a safe and friendly environment.

From Toastmasters International Item 105

Contest Season

Answers To Three Important Questions About Toastmasters Evaluation Contests

Recently, Club and Area Evaluation and International Contests took place –and one of our contestants, DTM and Club Mentor Larry Savell, advanced to Division D Contest taking place on April 13th.

Evaluation is at the heart of the Toastmasters educational program: it is the constructive honest reaction to the speaker's presentation. Evaluation Contests encourage development of evaluation skills and provide an opportunity to learn by observing the more proficient evaluators.

Extract from Andrew Dlugan's Speech Analysis #5: Toastmasters Evaluation Contests

1. **Why should Toastmasters have Evaluation Contests?**

- ✓ To encourage development of evaluation skills and to recognize the best as encouragement to all.
- ✓ To provide an opportunity to learn by observing the more proficient evaluators who have benefited from their Toastmasters training.

2. **Why Should I Attend a Toastmasters Evaluation Contest?**

- ✓ Contests are entertaining.
- ✓ You can learn from the test speaker.
- ✓ Contestants are generally proficient in the art of evaluation.
- ✓ The variety of approaches and analytical observations will surely complement your existing evaluation skills.

3. **Why Should I Compete in a Toastmasters Evaluation Contest?**

- ✓ You will have fun!
- ✓ The added pressure of a contest forces you to step outside your speaking comfort zone. By doing so, you will grow, not just as an evaluator, but as a speaker as well.
- ✓ You will learn new techniques from the other contestants.
- ✓ You might win!

By Karina Gaete Llanos

TOASTMASTERS
INTERNATIONAL

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at Coco's Restaurant, 28300 S. Western Ave, Rancho Palos Verdes,
California 90275