



# PENINSULA TOASTMASTERS NEWSLETTER

## Club News And Events

Peninsula Toastmasters  
Club #174

[www.pv174.org](http://www.pv174.org)

Follow us on Facebook at  
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Club 174

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



### Issue 04/2013

April 2013

#### INSIDE THIS ISSUE

- Mentor's moment.  
*Introductions*
- Public Speaking.  
*The Ten Biggest Public  
Speaking Mistakes*  
*Six Public Speaking  
Lessons from Freddie  
Mercury*

#### To our guests

Joe, John, Monika, Babette,  
Latrece, Ron, Jack, Thomy,  
Steven, and Cayenne,

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

### Introductions

I CRINGED! As a board member of a professional organization, I CRINGED at the introduction a fellow board member gave the guest speakers!

Visualize a large room filled with training and development professionals. Two female speakers have been invited to speak on the psychology of Change Management and they have over 20 years of experience between them. They have provided a short intro to a board member who is going to introduce them. The person introducing them adds a couple of extra words to the intro, which are seemingly innocent - NOT! She refers to them as "lovely ladies"...*"Now these lovely ladies have been doing this for years.... Now help me welcome these lovely ladies"*...

Upon hearing this, I CRINGED! As a professional, in a room full of professionals, and presenting on a professional topic, it is vital that the introduction *be professional*. Referring to someone as a "lovely lady" is not professional. What is a more appropriate way to introduce them? It is best to refer to them as *authorities* in the field of Change Management or "help me welcome our Change Management *experts*".

Make sure that your introduction is appropriate to the theme and setting of the presentation. A seemingly innocent word, such as "lovely", can be inappropriate and even offensive. Always ask the speaker to provide you with an introduction and then practice! Practice as if you were speaking to the audience.

If you are a speaker, make sure to provide your introduction, *word for word*. This means down to the *"now help me welcome \_\_\_\_\_"*, so that you safeguard the wording is appropriate to the theme / setting / presentation.

This will ensure that the next time you make an introduction, the guest speakers or audience members will not cringe!

By Maryam Solhjou

## What's New

### 1+1 Campaign

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 1<sup>st</sup>, 2012 through June 30<sup>th</sup>, 2013.

[www.toastmasters.org/1plus1](http://www.toastmasters.org/1plus1)

### Upcoming elections

It's not too early to think about **elections**. New term starts July 1<sup>st</sup>. Contact our Vice President of Education, Shelly Lipanovich, if you want to join the new Board.

## Mark Your Calendar

### June 2013

**Open House Meeting** will take place on **June 3<sup>rd</sup>** with keynote speaker Community Advocate John M. Mavar.

#174 Club Peninsula Toastmasters **30<sup>th</sup> Anniversary Celebration** will take place on **June 29<sup>th</sup>** from 6:00 to 10:00 pm at [Raffaello's Ristorante](#), 400 S Pacific Ave, San Pedro, CA 90731.

Save the date!

## Club's Achievements

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

## Public Speaking

### The Ten Biggest Public Speaking Mistakes

Some top executives step up to the platform and fall flat on their faces as speakers. I wonder, how could they run a company and end up boring an audience?

Here are 10 mistakes speakers make and how to avoid them:

- 1. Starting with a whimper.** Many speakers begin with a polite "Thank you very much for that kind introduction." Instead, start with a bang –not a whimper. Give the audience a startling statistic, an in-your-face statement, an interesting quote: something powerful that will get their listeners' attention.
- 2. Attempting To Imitate Other Speakers.** Effective speakers adapt their own style. You cannot connect with an audience without authenticity. It is lost when you aren't yourself.
- 3. Failing To Work The Room.** Always arrive early to greet your audience. Don't arrive two minutes before your speech and leave immediately after it. Your audience wants to meet you.
- 4. Failing To Use Relaxation Techniques Before Saying A Word.** To avoid anxiety, breathe deeply from your diaphragm for two minutes. Shrugging shoulders and relaxing muscles will help.
- 5. Reading A Speech Word For Word.** It has been said that the last time someone read to you, it was your mother...trying to get you to sleep! Look at the keyword, look into the eyes of the audience, and then speak.
- 6. Using Someone Else's Stories.** Rule 1: your audience wants to connect with you. Rule 2: you may weave in brief quotes or short stories, but use your own thoughts and life experiences.
- 7. Speaking Without Passion.** You want your audience to do something as a result of your presentation. Speak with passion and you will inspire others.
- 8. Ending With Questions And Answers.** Most executives end with a question and answer session. Instead, tell the audience that you will take questions and then say, "We will move to our closing point." After the questions and answers, tell them a story that ties in to your main theme, or summarize the points. Conclude with a quote or call to action. Whatever you end with, make it memorable.
- 9. Failing To Adequately Prepare.** Use this opportunity to demonstrate leadership skills that can immediately increase your credibility.
- 10. Failing To Recognize That Speaking Is An Acquired Skill.** Speaking –like any learned skill—requires time and practice. The good news is that common speaking mistakes are easy to avoid if you recognize them.

You too can find yourself at the top of the leadership ladder –a great place to be when making a presentation.

By Elisabeth Nebelsky, DTM

## 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:** *LA Times*

**Word of the Day:** *Recant* (verb)

**Theme:** *Desserts*

**Word of the Day:** *Scrumptious* (adjective)

**Theme:** *Relationships*

**Word of the Day:** *Peculiar* (adjective)

**Theme:** *Brands*

**Word of the Day:** *Extant* (adjective)

## WORD CHOICE

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

### Differ from vs. differ with

*Differ from* means “to be unlike”; *differ with* means “to disagree with.”

*My approach to the problem differed from hers.*

*She differed with me about the wording of the agreement.*

### Due to

*Due to* is an adjective phrase and should not be used as a preposition meaning “because of.”

*The trip was canceled because of (not due to) lack of interest.*

*Due to* is acceptable as a subject complement and usually follows a form of the verb *be*.

*His success was due to hard work.*

### Fewer, less

Use *fewer* for items that can be counted; use *less* for items that cannot be counted.

*Fewer people are living in the city.*

*Please put less sugar in my tea.*

## Six public speaking lessons from Freddie Mercury

Over the years and across different musical styles, some singers have managed to achieve a magical blend of voice and onstage presence that places them in the pantheon of music. From Frank Sinatra to Madonna, they all have something in common: they are the heart, the soul, and the very essence of showmanship.

Regardless of our musical preference, when I think about musical showmen I see the lead vocalist of Queen—Freddie Mercury, who had one of the most incredible, unique singing voices ever, a distinctive onstage flamboyance, and an exceptional skill to fire up the crowd.

From Freddie's performances, I gather six public speaking lessons:

1. **Stay hydrated.** Mercury had plenty of water on hand. You should, because you never know when dry mouth will strike.
2. **Engage your audience.** Interacting with your audience is a great way to keep their attention and stimulate their interest: ask a question, invite them to ask questions during the presentation, have them discuss an issue in groups, give them a writing exercise, lead a group activity, have them participate in an exercise or demonstration.
3. **Use vocal variety.** If you speak in a monotone, your speech—and the audience—will suffer. So vary the volume of your voice; raise and lower the tone at appropriate moments; speed up or slow down to emphasize a point; and pause at key moments to let your audience absorb what you have said.
4. **Use the stage.** Mercury worked on large stages and he used them to maximum effect.

When a speaker steps out from behind a lectern, she shrinks the distance between her and her audience. But the movement has to be purposeful and it has to be balanced with an appropriate amount of standing still. A good rule of thumb is to stand still while making a point, move a few steps during a transition, then “plant yourself” and make another good point.

5. **Turn up the energy.** Mercury's onstage energy was palpable and contagious.

You will have to turn your energy up a notch or two if you want to captivate your audience. Because here's a hard truth of public speaking: If you are not into it, the audience won't be into it.

6. **Have fun.** Freddie had fun, he showed it to the audience and the audience had fun. Public speaking should be fun. It's the payoff moment when you get to share your message with a room full of people. It's a privilege to be able to do so and you should enjoy it. Just like Freddie.

Extract from John Zimmer post on [Manner of Speaking blog](#)

**TOASTMASTERS**  
INTERNATIONAL

Club #174, Peninsula Toastmasters  
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California 90275