



PENINSULA TOASTMASTERS NEWSLETTER

Club News And Events

Peninsula Toastmasters
Club #174

www.pv174.org

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Peninsula Toastmaster's
Club 174

We meet every Monday at
Coco's Restaurant on
24300 Western Avenue,
Rancho Palos Verdes,
California 90275.

Issue 01/2013

January 2013 was designated National Mentoring Month. This issue emphasizes the work done by our mentors on providing guidance and having a lasting impact on our lives. To all our mentors: thank you!

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- Everything you wanted to know about public speaking, but were afraid to ask!

To our guests

Kiyana, Alfie, Mina, Grady and Eva,

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

The Art of Foot Talk

Most of us seldom pay attention to our feet—that's because our feet are so far away from our face. We look down on them and think they are just used for walking and running. Yet, feet have a language all of their own.

We look to the face and hands to read the speakers moods and emotions, but did you know the feet are also sending out messages? Just by the way a person moves with their feet, we can read his/her spirit and attitudes.

Most of us like to move around, twist, turn, sway, cross our legs and rock our feet back and forth. These are signals of boredom, nervousness, impatience, lack of confidence and habit.

There are three facets of feet talk:

- **The standing feet** represent a competent speaker who keeps both feet flat on the floor and walks around to explain visual aids, or to make a point. This makes the delivery more dynamic and keeps the presentation moving.
- **The sitting feet** involve speaking at a conference table or at an interview. The positions of our feet reveal our thoughts and tensions. Some shake their feet up and down. We see them swinging, tapping or rocking back and forth. The foot tenses during anxiety and makes the voice quiver.
- **The moving feet** tell us more about us when walking than when standing or sitting. Your walking style reveals a person's deepest attitude toward the world and toward himself. You can identify emotions of sadness, anger happiness or pride.

The relaxed foot makes contact with the ground and moves freely, while the rigid foot upsets the flow of energy.

To tiptoe suggests caution, while a heavy thud likes to call the shots.

The following positions damage a speaker's credibility: toes pointing out, toes pointing in and the narrow step, one foot in front of the other.

Da Vinci said, "the feet are truly a masterpiece of engineering and a work of art." So, stand on your own two feet and don't put your foot in your mouth.

By Betty Nebelsky

Mark Your Calendar

Speech contest is coming up!

February 4th: Evaluation Contest.

February 11th: International Speech Contest.

June 2013

#174 Club Peninsula Toastmasters will celebrate its 30th anniversary.

Club's Achievements

On Saturday, January 5th 2013, our incoming officers attended the Toastmasters Learning Institute (TLI) club officer training.

During the General Session, our club earned the recognition of SELECT DISTINGUISHED CLUB for having achieved 8 out of 10 goals at year-end. Congratulations!

Our club's actions

During our Toastmaster's meetings, it may come to our minds certain considerations that may require further discussion, or we may have a writer's block when thinking about Mentor's Moment contribution to the meeting. One source of inspiration we have is our Toastmasters Magazines. Whenever I need some imagination or ideas, I read the magazine. There is an article in November 2012 Toastmaster Magazine that defines our clubs actions.

1. Whether you are new or old to this club, we all are right here for you, and we want to help you on your journey to be a better public speaker and leader. This is the place to do it. Do don't be scared!
2. In Toastmasters, we share the work. A large task is less daunting when it is broken up into smaller duties. If everyone had one duty, no one would feel left out or overworked.
3. Let's follow up. When we check in with each other a few times a week, we keep each other motivated and it helps up stay on track.

And lastly, we want to celebrate our accomplishments. Success without acknowledgement seems meaningless. We give compliments but maybe even a possible lunch gathering with two or three members to reward one another.

That being said, we will support you, we will share the work with you, we will follow up with each other, and we will celebrate our accomplishments.

By Shelly Lipanovich

The interview (1)

Everything you wanted to know about public speaking, but were afraid to ask!

Larry Savell, one of the founders of Peninsula Club 174, DTM and Club Mentor, replied to the questions raised by members of our club on his experience in Toastmasters.

Question: *What is your take on delivering a speech without using any notes whatsoever?*

Answer: I think the answer in that case is: it is a good speech! Not whether you use notes or not.

Certainly there will be occasions where you want to try not to use notes. But there are definitively occasions when you have to use notes. Besides the President giving us an honorable speech, you could be the chief executive officer of a corporation or you could be an attorney—in which you have to appear before some committee when you must have or give information precisely and correct: when you cannot make any mistake. On those occasions using notes is mandatory.

I would not evaluate a speech on whether a person is using notes or not using notes. It is really on how well the speech convey the information that you want to project to the audience.

Question: *Larry, I have always admired you, not only for being one of the persons who founded the club some thirty years ago, but also for being the Mentor of the club for a long time. What has it been that has kept you active in the club over all these years?*

Answer: One of the things I learnt very early on was that, if you are going to be a good speaker—like every other skill that you may wish to become expert at—you have to keep that: you cannot let it lag. You may find analogies in your professional and personal life. Like every skill you have to practice, practice, and practice. If you want to maintain your proficiency you just have to keep adding, and Toastmasters is the easiest way to do it. If you want to maintain being a competent speaker, you just have to continually give speeches.

FLASH TIPS

10 Tips For Public Speaking

1. Know your material
2. Practice. Practice. Practice
3. Know the audience
4. Know the room
5. Relax
6. Visualize yourself giving your speech
7. Realize that people want you to succeed
8. Don't apologize
9. Concentrate on the message –not the medium
10. Gain experience

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: Good books

Word of the Day: Publish

Theme: Sports

Word of the Day: Aficionado

Theme: Traditions

Word of the Day: Gratitude

Appropriate Language

Language is appropriate when it suits your subject, engages your audience, and blends naturally with your own voice.

WORD CHOICE

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

Accept And Except

Accept is a verb that means “to receive”. *Except* is usually a preposition meaning “excluding”, or a verb meaning “to exclude”.

I will accept all the packages except that one.

Please except that item from the list.

The interview (2)

But there are other reasons: the club has been great, the culture is fantastic. Over the years, we have managed to maintain a certain set of warmth: everybody has always felt comfortable at this club. I think that is one of the reasons our club is among the most admired clubs in the district.

Question: *I think you are an excellent speaker and I always wanted to ask, especially in the beginning, were you ever at a point where you had writer's block when you were preparing a speech—which I always have.*

Answer: The answer is: always. I cannot tell you the times I have worked on a speech for long hours and, at eleven o'clock the night before, I looked at it and I said, “This is not going to work.” And I actually had to sit down and work something else out.

But yes, I get writer's block all the times. Some times I write some ideas down, I put them aside and I try to come back to them later. I think most people would get writer's block.

Question: *How have you overcome grammar—if you have ever had grammar issues—and the use of filler words, like um's and ah's?*

Answer: I would separate the two of them. I don't think I have grammar problems, and I think it is because I do an extensive amount of reading: I am an avid reader. To any speaker I would recommend reading: the more you read the better your speaking is going to do and you grammar will be outstanding.

I think the elimination of um's and ah's is just simply practice. I think people come in with twenty or thirty ah's during an evening, and after six months or within a year they eliminate them all.

Question: *Is the impromptu speaking a skill or is something you can teach yourself to do?*

Answer: The problem with the word impromptu is that it is a misnomer. Nobody gets up and gives a speech in which they don't know what they think about. What impromptu really means is that you know something about a subject, you thought about it, and you now have the ability to get up and give a speech in a somewhat organized way.

Question: *Have you ever found yourself in a speech grabbing things to say because maybe you forgot what to say?*

Answer: Yes. I have given speeches when I have actually let things out that I intended to talk about. The best way to overcome that problem, to the extent that you can do it, is using a visualization of what you want to say. If you can visualize what you are going to talk about in some sort of order—whether is chronological or by subject—you will find the way to eliminate the problem. But you may never be perfect.

TOASTMASTERS
INTERNATIONAL

Club #174, Peninsula Toastmasters
Website: <http://www.pv174.org/blog/>
Meetings on Mondays, 7:00 to 9:00 pm
at Coco's Restaurant, 28300 S. Western Ave, Rancho Palos Verdes,
California 90275