



SPEAKING OF...

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FALL SPEECH CONTEST: HUMOROUS SPEECH & EVALUATION CONTESTS



There's still time to sign up for the Fall speech contest! The club-level contest will be held on Wednesday, September 13. Not really fall yet you say? We are holding the club-level contest a little early to give the winners a couple of weeks to practice and prepare for the Area 71 contest which will be held on Thursday September 28. One winner in each category of the club contest will advance to the Area 71 contest. One winner from each category in the Area 71 contest will advance to the Rivers Division contest, which will be held on Thursday October 5.

The eligibility requirements for contestants are as follows:

- A member in good standing of a Club in good standing
- Contestant must maintain eligibility at all levels
- If it is subsequently learned that a contestant was ineligible, the contestant must be disqualified even if the ineligibility is corrected
- Each contestant must complete the Speaker's Certification of Eligibility and Originality

Certain individuals are ineligible (including International & District officers and others); for a complete listing of those ineligible, please visit http://www.d6tm.org/Education/Judge_Training.ppt#275,38,ELIGIBILITY.

Please see pages 7 & 8 in this newsletter for helpful information if you plan to participate. In addition to speakers, we are looking for help with judging, ballot counting, and timing. If you would like to help, please let any of the officers know.

SIU-YUE TAM WINS DIVISION TMOY!

In the last newsletter we shared the news that Siu-Yue Tam was voted the club's Toastmaster of the Year. More recently she was awarded the honor of Toastmaster of the Year for the Rivers Division.

Criteria for TMOY is based on several factors, including enthusiasm, dedication, and helping others.

Congratulations Siu-Yue!



Vice President Education Denise Carroll presents Siu-Yue with the Toastmaster of the Year Award for the Club.



Editor's note: Each issue we will have at least one article of general interest written by one or more of our members. This issue we have Speaking Of... Gardening by Cathy Hildebrandt. Cathy is an avid gardener and has shared several tips and experiences with us in the past as well.

If you have an article you would like to submit before the next issue, please email it to:

*editor@discoveryt
m.freetoasthost.net*

*Deadline for the next issue:
November 15*

MEMBER SPOTLIGHT: BARB HILTON

This month we will have to say "Bon Voyage" to Barb Hilton, as she is retiring to sunny Arkansas just in time to beat another Minnesota winter. Barb was instrumental in getting our club chartered. She and Siu-Yue Tam had the idea to start the club on site for the Kodak & Imation employees, as well as keeping it open to the community. Barb has been active in our club, not only working to get the club started, but to keep it going as well. She has served as the Club President, as a mentor to other members, and had competed in and won speech contests. Most recently she won the club-level spring speech contest in the Table Topics Category, advancing to the Area 71



Club Charter Day 2003 Pictured from left to right: Jonathan Goossen, Stacy Schultz, Barb Hilton, and Kirk Johnson.

contest where she won third place. Barb has really enjoyed being a part of the club, and watching the club and its members grow. She always encourages members, new ones as well as those who have been in the club awhile. Her enthusiasm for the club has been vital to its success. She and her husband Mark are moving this month to Arkansas, where we are sure she will continue her involvement with Toastmasters. She has already found out there is club in their area!

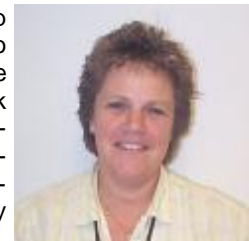
Barb, you will be truly missed!

SPEAKING OF...GARDENING BY CATHY HILDEBRANDT



Late summer is a beautiful time of the year when we can enjoy the floral colors and reap the harvest of all the careful tending and hard work we invested into our landscape. As we survey our well maintained yard and gardens that provided a bounty of flowers, fruits & vegetables, we can begin to take stock of what worked and what we might like to improve for next year. Use your imagination: if a tree were planted there, it could offer shade for the unbearably hot part of the yard, or if a big old tree was taken down, it could open up a low damp area to a breeze and sunshine that would allow it to flourish as a butterfly garden, or perhaps adding a small edging of hostas around a tree or deck can eliminate the need for using that noisy weed trimmer and adding a trellis and climbing vine can help disguise an unsightly utility box or fence. When we join a Toastmaster club, we are also taking the time to see an opportunity for improvement in our career or social life. Taking the step to join a Toastmaster club is like planning next year's garden. A club offers the

opportunity to practice public speaking skills, not unlike planting the new tree that will quell the fear of speaking in front of others. Audience participation and evaluations are like cutting down that old tree that shades the sunshine, allowing each member to learn & grow in vitality. The Communication and Leadership Program outlines the pathway to success like hostas that make easy the work and add peace & enjoyment on the way. And lastly, the positive, friendly environment of the club members who treat everyone with respect and courtesy help to build self-confidence and personal growth, like the trellis and blooming clematis that soon overshadows any doubts or fears that divide strength and weakness. So now as we enjoy the last days of summer and look forward to improving our speaking and leadership skills, don't forget to take time to enjoy the warm weather, to look around to find opportunities to make your surroundings more beautiful and environmentally friendly, plan to plant a garden.



*Cathy Hildebrandt
Gardner Extraordinaire*

PRESIDENT'S CORNER

BY CARRIE NIEZGOCKI

A Toast to Toastmasters

Being new to Toastmasters, I didn't know what to expect. I was hesitant to join at first, but there was always something inside me reminding me that it would be a good thing to do. I first discovered Toastmasters when I entered the work world 15 years ago at 3M. I took me a little (ok, a lot) longer to become a member, but I am glad I did. It was the fear of the unknown that kept me back. The more I think about it, life serves up these opportunities all the time and usually the scariest turn out to be the most rewarding.

What keeps me moving through the workbook and coming to meetings is seeing the "veteran" members—those who are close to achieving their CTM, and those who have their CTM and more. Without fail, these "veteran" mem-

bers do a great job presenting, evaluating and participating in table topics—that keeps me going. Better yet, I know I am not alone because we continue to have new members and we are all in this journey together. A life principle I heard before states "if you don't quit you win". I think the same is true for Toastmasters if we continue to participate and don't quit, we win in the end with better presentations, improved interpersonal skills and strong leadership qualities.

Cheers!



EDITOR'S NOTE... YES, THIS SHORT LIST OF BENEFITS WAS INDEED IN THE LAST ISSUE—BUT IT IS WORTHY OF REPEATING!

WHAT KINDS OF BENEFITS CAN YOU EXPECT AS A TOASTMASTER?

You can...

Improve your communication and leadership skills

Learn and practice techniques of effective public speaking

Prepare and deliver formal speeches on subjects of your own choosing

Give impromptu talks on assigned topics

Gain speaking experience that relates to specific career needs

Sharpen your listening/evaluation skills

Learn proper parliamentary procedure

Preside as a meeting chairman

Gain valuable leadership management experience

Gain personal confidence that will help when speaking to one person or one thousand

Enter Toastmasters International's Annual Speech Contest, "The World Championship of Public Speaking"

MEMBER TESTIMONIAL

BY JACKIE DOEHLING



Recently I was part of a group that had to do a presentation for the final night of class. I felt great about getting up there, was really not too nervous, as I had practiced my portion of the presentation

several times over the previous week or so. When time came to present, I had a few notes on index cards, but ended up not even looking at them. I could tell that

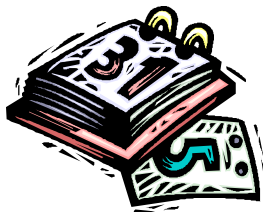
not everyone presenting that night felt as comfortable. Some people read directly from a piece of paper, rarely looking up. Others sped through nervously or were difficult to hear.

I wish I had worn a button that said "Ask me about Toastmasters!" This December I will be graduating from school, but I know that learning and practicing communication skills will continue throughout my life. I thank Toastmasters for making that something I look forward to!

SPEAKING OF... RECOGNITION!

Congratulations Karl Eriksen, on your recent achievement of Advanced Toastmaster Silver! We all look forward to more and more as you go for the gold!





Fall Events

DUES ARE DUE!!!

Please pay Karen
Conroy, Treasurer
by 09/13/2006

Speech Contests!

Club - Sep 13

Area 71 - Sep 28

Rivers Division - Oct 5

Saturday Night Fever!
2006 Fall Conference
October 27-28, 2006
Country Inn - St.
Paul East
6003 Hudson Road -
Woodbury, MN

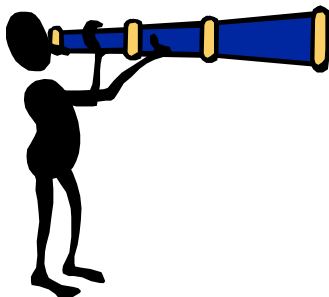
Go to the District 6
website for more info!

<http://www.d6tm.org>

**October is
Toastmasters Month!**
Watch your email and
listen for updates at
upcoming meetings!

CHILDREN MAY BE TOASTMASTERS AT HEART

BY CARRIE NIEZGOCKI

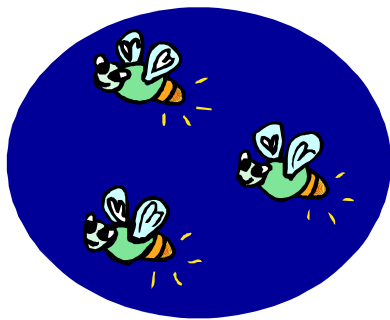


When did I lose fearlessness and gain anxiety about speaking in front of others? A recent event made me think back to my childhood days when I performed like a public speaker and didn't even know it. As a child, I would volunteer to do skits in front of the class, deliver presentations (typically in the form of a book report), or share stories with others at will—my main challenge was my soft voice. Why is it that children can speak without fear or restraint?

All these memories came rushing back to me in late July when Steve and I went to an "Astronomy in the Park" event. It was a hot summer day and of course all Minnesota mosquitoes were invited. We joined the crowd of about eight people to ask astronomy questions and view the stars. The kids in the crowd were enthusiastic as they anxiously traveled from telescope to telescope peeking at Jupiter, planetary nebula and other wonders of the sky.

A young boy about 6 years old was enamored with his surroundings. When he wasn't gazing through the telescope, he was chatting it up with fellow sky watchers. We all milled around as the telescopes were be refocused on the next point of interest. The down time left us to talking astronomy and mosquitoes (which we couldn't keep away).

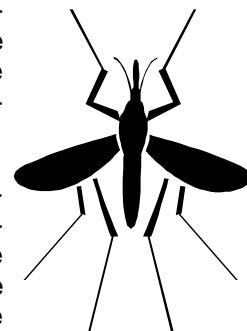
The young boy suddenly saw something that made him think there were fireflies amongst the mosquitoes. "Look at the fireflies! Do you see them?" he exclaimed. He began to engage others in his firefly search when he turned to Steve and told him he saw a firefly and he thought it was on Steve's leg, followed by an adamant statement that the firefly flew up Steve's shorts.



The young boy was now on the search of one runaway firefly and he was determined to share this information with the crowd. Steve began to get a little embarrassed by the attention, but this young boy was insistent there was a firefly in Steve's shorts. The boy continued to point at it and show others his newly spotted firefly. Finally, Steve realized what was happening as he reached into his pocket and retrieved his cell phone. The cell phone had a sporadic limelight blink to it that was visible through his front pocket.

As we all composed ourselves again from all the laughter, I was reminded of how innocent children are. Generally speaking, they express themselves freely, engage their audience and are determined to get their point across. I was amazed by how, as adults, we can become transformed in such a way that delivering a presentation takes on a whole new meaning and an entire new set of emotions—for me that means nerves and anxiety at times. This was a gentle reminder to me that I was a good speaker at times in me life and it may just take a little more practice and inward reflection to perfect it again at a different level.

I applaud children who entertain us, make us laugh and help us learn.



SPEECH TIPS: USING GESTURES EFFECTIVELY



This month we are featuring another article from Dr. John A. Kline. This month's excerpt is from his book, *Speaking Effectively: Achieving Excellence in Presentations* and is also available on his website at <http://klinespeak.com/columns/0302.htm>.

Gestures—the purposeful use of the hands, arms, shoulders, and head to reinforce what is said—help speakers communicate. Here are some guidelines to help you gesture effectively.

- Be relaxed. Although gestures can be perfected through practice, they will be most effective if you make a conscious effort to relax your muscles before you speak, perhaps by taking a few short steps or unobtrusively arranging your notes.
- Be natural. While you might watch effective speakers and emulate their gestures, in most cases you will be better off to do what comes naturally to you. The same gestures you use in informal conversation are often the ones that will work best when you are speaking in front of a group.
- Be vigorous. Effective gestures are complete and vigorous. Many speakers begin to gesture, but perhaps out of fear, they don't carry through and their gestures abort. This

can be distracting for the audience and can make speakers appear unsure of themselves.

- Use good timing. A gesture that comes after the word or phrase is spoken appears ludicrous. Good gestures should come exactly at the time or slightly before the point is made verbally. Poor timing often results from attempting to "can" or preplan gestures.
- Be versatile. A stereotyped gesture will not fit all subjects and situations. Furthermore, the larger the audience, the more pronounced your gestures should be.
- Don't overdo them. Gestures should cause the audience to focus on what you are saying and not call attention to the gestures. You want the audience to remember what you say, not what you do.
- Make them appropriate. Gestures should be appropriate to the audience and the situation. Large audiences and formal speaking situations may call for bolder and more pronounced gestures. Smaller groups and less formal settings call for less formal and less pronounced gestures.

In summary, gestures should spring from within. Effective gestures are both natural and spontaneous. Observe persons talking with each other in a small group. Try to approximate the same naturalness and spontaneity of gestures when you are speaking.



It's a Girl!

Another club member with exciting news!

On Friday, August 11 Siu-Yue Tam gave birth to a baby girl, Joyce, weighing in at 7 lbs 15 oz.

Congratulations to Siu-Yue and her family!

WORD PLAY

THIS MONTH: MATCH THE WORD WITH THE MEANING

Expand your vocabulary; learn and use a new word each day!

Word	Definition
1. Debauch	A. A heavy cloth fabric used to cover a coffin
2. Fusillade	B. A framework of poles and twigs woven together
3. Garrulous	C. Shedding tears; tearful
4. Hakim	D. To corrupt in morals
5. Kreuzer	E. The point of the celestial sphere intersected by a diameter extending from the Zenith
6. Lachrymose	F. The chemistry of fermentation as applied to brewing
7. Nadir	G. Given to continual and tedious talking
8. Pall	H. A simultaneous discharge of firearms
9. Wattle	I. Small silver or copper coins of Austria and Germany
10. Zymurgy	J. A governor in Muslim countries; also a judge or physician

Special Section: Fall Speech Contest Evaluations



Evaluations can be challenging however they are a critical component of every meeting. In order for members to continuously improve and grow, effective feedback via the evaluation process is key. The evaluation contest offers a way to practice skills in this area in a fun and enthusiastic environment.

Evaluation contestants will be judged on the analytical quality, or effectiveness of the evaluation; how well recommendations are made; the technique or manner in which the evaluator presents comments and recommendations; and the summation, or how well the evaluator concludes the evaluation.

For helpful information on evaluations, refer to the book "Effective Speech Evaluation" that you received as part of your new member kit. Other information is available online. Feel free to check out other club and district sites; the following information was posted on the District 70 website which serves certain parts of Australia.

THE PLUSES AND MINUSES OF EFFECTIVE EVALUATION HOW TO EVALUATE EFFECTIVELY

1. Show that you care
2. Suit your evaluation to the speaker
3. Learn the speaker's objectives
 - Speak to the speaker beforehand
 - Find out which manual assignment
 - Ask if they have any personal objectives
4. Listen actively
 - Be physically and mentally alert
 - Empathize with the speaker
 - Find areas of interest
 - Summarize
 - Listen with your eyes as well as your ears
 - Take notes
5. Personalize your language
 - My reaction was.....
 - It appeared to me.....
 - I felt that you.....
 - I suggest.....
 - I think your next speech will have a stronger impact on me if you.....
 - A technique I have found useful is.....
6. Give positive reinforcement
7. Help the speaker to become motivated, get them back for their next speech
8. Evaluate the behavior not the person
9. Nourish self-esteem
 - Tell the speaker what he/she is doing well and WHY
10. Show the speaker HOW to improve
 - Focus on what the speaker should be doing, not on what he/she should not be doing
 - Keep your recommendations to a manageable size
 - Tell the speaker HOW to improve, not just WHAT to improve
 - Use the PLUS and MINUS evaluation of commend, recommend, recommend, commend

Evaluation can create a caring and supportive climate in a club so it is important that members work hard to improve evaluation skills. By doing so members will help one another to become the speakers they want to be.

Elizabeth Wilson DTM
18 May 2002

Special Section: Fall Speech Contest

Humorous Speech

Maybe you think you have the funniest story to tell and you can't wait for the speech contest. Or maybe you dreadfully fear trying to inject a little humor, worried that you will hear crickets as you speak. More than likely, you are somewhere in between. However no matter where you are, there are a few things you will want to keep in mind. A humorous speech should immediately engage the audience's attention, and build to a significant conclusion. It needs to be structured around a purpose or theme, and the structure must contain (as in all speeches) an opening, body and conclusion. The humorous speech is NOT a series of one-liners or a monologue like we might see on a late-night talk show.



Humorous contestants will be judged on the speech development; effectiveness, or how well the speech came across; the value (was it meaningful and original?); the audience response; the physical presentation (gestures, expressions, body positioning); voice; manner; and the appropriateness and correctness of language used.

The following article was found online, written by a previous 2003 District 33 contest winner, John Kinde. He offers some insight to using humor and how to use contests to develop your ability to effectively make use of it.

Humorous Speech Contests

A great vehicle for developing your ability to effectively use humor

Copyright 2006 by John Kinde

I was the 2003 humor champion for District 33 Toastmasters. A typical district in Toastmasters may have 3000 members. I've won the first-place district humor trophy four times. Here are some insights on how I have made my trip to the district finals. These ideas can also apply anytime you are developing a piece of humorous material for any type of presentation. Before the 2003 contest, I planted a seed 27 months earlier. Something happened in my life that I thought was a good target for building a humorous speech. So I planted the idea in my head. And for two years I "slept on it" and massaged my ideas. Jotting ideas on slips of paper, I dropped them into a file folder marked for this speech. Often, when I would wake up in the morning, I would lie in bed for few minutes and let ideas float in my head. For me, this is my best creative time. When driving the car, I played with the ideas and started to run structure ideas through my head. I mentally started to deliver segments of my developing talk.

One week before the club-level contest, I scripted the speech on paper. I opened with something that laid the foundation, the premise of the talk. It was the platform on which I could build the humor. I looked for one of the funniest lines to use at the end to leave them laughing. Every time you give a developing humorous speech, tape it. Review and critique it afterward. Which lines did not work? Where did they laugh when you did not expect them to? Look at the structure of your humor lines, especially the lines that did not work.

Between contests at the area, division and district levels I frequently review the talk in my mind, sleeping on it and again practicing in my car. I am dropping the weakest lines and adding new lines. Between each level, I typically add four or five new lines. It's not unusual for me to add a line or two as I listen to the speakers competing just ahead of me. To reach the higher levels, don't be afraid to take some chances. Keep it clean, but take chances with using some untested humor. Just before I give the speech at the next level, I always ask a trusted and insightful friend to put his or her "evaluator hat" on and give me a critique after the talk.

I always keep the perspective that winning is not the key. Learning and growing as a humorous speaker is the bottom line. And I always remember that the higher the level the contest, the easier it will be. Your speech gets better and the audiences get larger and laugh more. Your speech will always be funnier at the next level. If you are a member of Toastmasters, consider starting a specialty club designed to help people become better contest speakers. A club in Las Vegas, Jackpot Toastmasters, does exactly that. They have a great track record for members winning contests. If you ever have the opportunity to compete...do it! For information on a Toastmasters club near you, visit www.toastmasters.org.

Copyright 2006 by John Kinde, who is a humor specialist in the training and speaking business for over 30 years specializing in teambuilding, customer service and stress management. Free Special Reports: Show Me The Funny -- Tips for Adding Humor to Your Presentations and When They Don't Laugh -- What To Do When the Laughter Doesn't Come. Humor Power Tips newsletter, articles and blog are available at www.humorpower.com.

Discovery Toastmasters Club Quarterly Newsletter

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We're on the Web!

Club Website:



<http://discoverytm.freetoasthost.net>

District 6 Website:



<http://www.d6tm.org>

Toastmasters International Web-



<http://www.toastmasters.org>

Member Name
Address Line 1
Address Line 2
City, State, Zip

OUR MISSION STATEMENT

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

TELL ME ABOUT YOURSELF

WHAT TO DO WHEN AN INTERVIEWER ASKS THIS

There are some tough questions you will face when going on an interview. Some might not seem so tough when they are initially asked, but as you get ready to answer them, are the words that come out of your mouth going to help or hurt your chances of landing that dream job?

One of the most common interview questions, and perhaps one of the toughest to know how to answer is "Tell me about yourself." Do you break into a life story? Do you say so little that you might seem a little suspicious? Carole Martin, a contributing editor at the website **Monster.com** had some helpful advice for this and other questions. According to her article, the secret to successfully answering this question is to focus, script and practice. For the complete article, go to <http://interview.monster.com/articles/tellme/>. The following is an excerpt from that article.

- **Focus:** List five strengths you have that are pertinent to this job (experiences, traits, skills,

etc.). What do you want the interviewer to know about you when you leave?

- **Scripting:** Prepare a script that includes the information you want to convey
Begin by talking about past experiences and proven success
Next, mention your strengths and abilities
Conclude with a statement about your current situation
- **Practice:** Practice with your script until you feel confident about what you want to emphasize in your statement. Your script should help you stay on track, but you shouldn't memorize it -- you don't want to sound stiff and rehearsed. It should sound natural and conversational.

Even if you are not asked this type of question to begin the interview, this preparation will help you focus on what you have to offer. You will also find that you can use the information in this exercise to assist you in answering other questions. The more you can talk about your product -- you -- the better chance you will have at selling it.