



Philadelphia's First Toastmasters Club Number 541, District 38

November 1, 2008

Inside This Issue

- 1 Mission Statement
- 1 10 Speech Tips
- 2 Bainercise
- 3 Achievements
- 4 Upcoming Events

Toastmasters Club Mission Statement

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

10 Tips for Public Speaking

From Toastmasters International

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 humor, personal stories and conversational language – that way you won't easily forget what to say.
2. Practice. Practice. Practice! Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
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. Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. ("One one-thousand, two one-thousand, three one-thousand. Pause. Begin.") 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're rooting for you.
8. Don't apologize for any nervousness or problem – the audience probably never noticed it.
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. Mainly, your speech should represent you — as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.

Happy 61st Birthday!

Founded in November of 1947,
Philadelphia's First is 61 years old.

October Brainercise



Brainercise –The action of exercising the brain; increasing brain cells through an act of mental challenge; can be left or right brain activity.

There was something peaceful about Camp Luguna, a haven for wild horses and other roaming wild animals, a feeling of unrestricted freedom; a sense that material possessions do not matter.

Here I could run with the horses, swim with the dolphins, and fall sleep in my tent to the melodic sounds of katydids with the ocean waves pounding the shore in the distance.

This wonderful place is all but deserted now as the plows and diggers moved in to make a home for a 4000 room oceanfront retreat complete with saunas, gyms, and multiple pools.

Where did the animals go? No one seems to know or care. I overheard discussions of progress, increased tourism, and job opportunities. What about the horses? The wild animals? What opportunities do they now have?

A Horse Poem

I rode and I rode and I rode my horse
 He happened to galloped way off course.
 I struggled and pushed
 Ending up with a sore tush
 My horse is a mighty, mighty equine force.

November Brainercise

Famous quotes can work well to build a connection between you and your audience. Not all quotes are suitable for your speech subject. Below are the beginning words of famous quotes; provide an original ending and send to kmcananey@yahoo.com. Have fun!

Friends, Romans, Countrymen lend me...

Speak softly and carry a...

These are times that...

Early to bed and early to rise...

To err is human...

If you love someone...

A penny saved is...

The best things in life...

Members	CC	CL	ACB	ACS	ACG	ALB	ALS	DTM
Michael Anderson								
Mary Barchman	X							
Lyratah Barrett	X	X						
John Boxmeyer		X						
Maureen Broderick		X						
James Cantwell								
Denise Dougherty	X	X						
June Dressnandt								
Therese Dressnandt								
John Fitzpatrick	X							
Ilene Hasss								
Tyra Jackson								
Bea Joyner	X							
Theresa Kuhar								
Alphonso Lassiter								
Jerry Lindauer								
Lee Loeb	X							
Kathleen Mc Ananey								
George Mc Gonagle			X					
Susan Neely								
Stephanie Neri								
Rudi Ollivierre	X							
Pat Paulus		X			X			
Betty Potter								
Jennifer Raksnis								
Herb Rheinstrom		X			X			
Denise Rykard		X						
Temple Satchell								
Rita Smith		X			X			
Sean Stallings								
Joan Stewart				X				
Don Suplee		X						
Robert Thornton		X						
Evilt Vertil								
Claude Vilfort								

Toastmaster Members

Achievements

Upcoming Events

Upcoming Meetings	November 6
	November 20
	December 5
	December 19
District 38 Conference	November 21st and 22nd
Election Day	November 4th
Veteran's Day	November 11th
American Education Week	November 16 th – 22 nd
Gettysburg Address Delivered	November 19 th , 1863
Thanksgiving	November 27 th

NOVEMBER 2008						
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DECEMBER 2008						
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