



The Patter

Postprandial Toastmasters
Better Speaking for Life

Providing a positive learning environment with the opportunity to develop communication and leadership skills which foster self-confidence and personal growth

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April 2009

The President's View by Gil Stern, ACG, CL

As a college professor in public speaking, I find it is fascinating to hear students evaluate speeches over the course of the semester. Periodically I show them some famous speeches and we discuss them. We talk about the content of the speech, the delivery, the ethics and many other elements. Among the speeches I use are Martin Luther King's, "I have a dream speech," Robert Kennedy's impromptu eulogy of King (having to break the news to an inner-city Indianapolis crowd that King had been assassinated), and George W. Bush's speech to the nation following 9-11. Recently, I added Steve Jobs' Stanford commencement speech in 2005.

As we were talking about Jobs' speech, the students indicated that it was an enjoyable speech but it was obvious he was not a "trained" speaker. I followed up that speech with one called "Hold onto the Rope," a speech given by Dan Weedon, an International speech contestant at Toastmasters' Region One. The students immediately commented on how this was a man who obviously was trained as a speaker.

Toastmasters does just that. It trains us to be speakers. Make no mistake; it is obvious to both the trained and untrained eye how seriously members of Toastmasters take public speaking. Whether you are a newer member or a member who has been with Postprandial for some time, take a moment to think how much Toastmasters has improved your speaking abilities. Know that it is important in almost everything you do and know that others are clearly aware, and even in awe, of your speaking prowess.

From an Icebreaker speech through to Advanced Manual Speeches, it is still a thrill for me to watch our members get up and give well delivered speeches. When I see the faces of the Postprandial members at each meeting it is apparent that I'm not the only one to live with this thrill. Give others a chance to feel it too; Pay it Forward.

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Educationally Speaking by Bill Self, ACS, CL

Postprandial members are always searching for new sources of ideas. Toastmasters Magazine arrives in the mail every month, but I am not certain how many of our Club members actually use it as a resource.

The April 2009 issue has articles on persuasive speaking, debating skills for selling your ideas, and advice from Aristotle on speechmaking that is still relevant today. There are other guides about how to handle a heckler, a practical use for table topics, and even some thorough information about the International Convention in August.

I use the magazine for ideas about speeches I am planning. In fact, did you know that past issues can be found on the Toastmasters International website? The link is at: <http://www.toastmasters.org/ToastmastersMagazine/ToastmasterArchive.aspx>. The site keeps digital copies of the magazine articles back to January 2007.

I believe that one of the characteristics of our members is the quality of being a constant learner. Toastmaster Magazine is a great compendium of ideas that will help your speeches. I encourage each member to review the magazine because it will provide you with techniques that will be valuable to your future presentations. In addition, the past issues of Toastmasters Magazine can be useful for focusing in on great topics for upcoming speeches.

Remember: Tall Tales Night is June 10th! Postprandial has a rich history of great Tall Tales' Contests and this should be no exception. Please notify me if you are interested in participating. Bring your wildest tale and show off a little that evening.

Postprandial Toastmasters Club 2008-2009 Officers

President, **Gil Stern, ACG, CL** • V.P. Education, **Bill Self, ACS, CL** • V.P. Membership, **Dave Pope, ACB, CL** • V.P. Public Relations, **Melinda Bessey, CC, CL** • Treasurer, **Al Turaf, DTM, PDG** • Secretary, **Kelly Roland, ACB, CL** • Sergeant at Arms, **Ed Oberhofer, CC**



New Faces by Sudipta Das



Andrew (Drew) Martin grew up in Deerfield, Illinois and currently lives in Penfield, NY with his wife Kathy & three daughters: Samantha 13, Josephine 10 and Alexandra 5.

Drew has his degree in English, which he finds more useful than we might think. At present Drew is employed with Alfac where he serves as Sales Agent & Coordinator in Training. He is very passionate in helping people and enjoys meeting new people everyday in his job.

Besides his job he also loves cooking, stand up comedy, reading and keeping tabs on current events. Some of his favorites are: Book – Lonesome Dove, Movie – Outlands, Game – Rock Band2.

Drew joined Postprandial to improve his speaking skills. In every meeting at Postprandial we love his participation where we always find humors in his speeches as well as any other roles..

Welcome Drew!



Allison Moreland lives in East Irondequoit near Irondequoit Bay in Rochester with her husband Ed with whom she has been married for 18 years. They have three cats: Winston, Lola, and Oscar; and Henry, a black Labrador retriever

Allison grew up in the Rochester area, in Henrietta and Rush and got her Bachelor of Science from SUNY Brockport in Communication. Currently she is working on her Master of Science from Capella University through Online Learning

Allison works for Element K as Sr. Instructional Designer where she designs the learning experience for learners in online and instructor-led courses. She is also involved in consulting, competency mapping, curriculum mapping, and other learning-related projects. Besides the pets her other passion is facilitating learning, whether it is online or live, face-to-face.

She enjoys photography and sewing even though she does not have enough time for either when being in school. Her favorite movie is "Casablanca". Allison joined Postprandial to meet people, improve her speaking skills and confidence, and to learn new things. Allison's passion for what she does and believes was evident in her fantastic icebreaker.



Networking

Toastmasters International isn't just about speaking or leading. It is about building relationships also. When you first visit a meeting you are either invited by a member or come as a guest of the club. Either way when you walk through that door not knowing what or who is on the other side. It can be a little disconcerting. Then you see a friendly face; maybe it is the person you're expecting or maybe it is someone you haven't seen in years. Either way you have made a connection.

Every other week Postprandial Toastmasters meets to improve our speaking abilities and become better leaders. We also meet to discuss business and personal lives. To learn what each of us is working on and find out how we can offer our support. Isn't that **why we go to other networking events for?**

Networking provides us with a way to discuss our businesses in a less formal atmosphere. It allows us to meet businesses that may be hiring or recruit people for our companies or our clubs or organization. This is what we would like to do on May 13th. Postprandial Toastmasters will host another networking evening. The club will provide the food including hor dourves and our members will provide the guests. This

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PR Report by Melinda Bessey, CC, CL

Your nomination for The Communication Achievement Award is presented as a speech no later than May 13. Contact Melinda Bessey with the name of the person(s) you will be nominating and to get on the matrix to deliver your nomination speech. At the May 27 meeting The club will cast votes to determine the recipient of this award.

An encore presentation of Postprandial Toastmasters Club Pre-Meeting Networking Mixer is being held May 13 at 5:30 pm. Please come and enjoy an hour of networking and if you can, stay for the club meeting. Please rsvp to our V.P. of Membership Dave Pope: dspope@thepdaschool.com The main meeting is from 6:30 pm to 9:30 pm and includes dinner at a cost of \$18.

The annual Brunch is scheduled for May 17th at 11:00 am and will be held at Harris Whalen Park in Penfield. We are still working out the cost but it will be minimal. This is a family event so save the date and join us for a great event.



Spring Conference Report by Ed Oberhofer, CC

The Spring Conference for District 65 was held at The Inn on the Lake in Canandaigua, NY on April 17 – 18th. The conference included the district level evaluation and international speech contests, entertainment, key-note breakfast, Communication and Leadership Award Luncheon, educational sessions, district business meeting, and an awards and recognition banquet. The event was filled with murder mystery, political intrigue, and personal triumphs and tribulations. Along with many others from our club, I was on the scene, and this is how I saw it.

The conference began Friday evening with a report from International Director Kristal DiCarlo about the proposed governance changes on the international level, some of which the clubs are being asked to vote on at the upcoming international convention in August. A report for the club on all the changes is being prepared by the Executive Committee. Perhaps the most surprising aspect is the realignment of our district from current Region 6 (U.S. Great Lakes and Northern Appalachian Regions and Canada’s Ontario) to a new Region 9 (U.S. Northeast and Canada’s Prince Edward Island). TI’s is attempting to create 14 global regions with equal membership bases.

The District 65 Evaluation Contest was held Friday evening. Postprandial’s Gil Stern was one of two participants representing the Central Division. Gil acquitted himself well. Though he didn’t place, his voice filled the room with the energy, wisdom and wit which we at Postprandial are accustomed to at our club meetings.

Friday evening concluded with a murder mystery entertainment segment, a preview of which many of us saw at the Central Division Contest. I unfortunately could not stay, but I

have heard reports that the suspicious looking Mark Emblidge was in the cast.

Saturday morning kicked off with a breakfast headlined by Eve Strella, who spoke to us about the parallels between pottery and balanced living. Eve is an extremely compelling speaker. Her down to Earth style and common sense approach lent credence to her message. Whatever we want to accomplish, she urged us to first envision, then prepare and plan, then execute according to our own heart rather than the voices of others and those in our heads.

Three sets of educational sessions were given, mostly on topics of personal success and leadership. Two of our club’s DTM’s, Diana Robinson and Al Turof, were presenters. All three of the sessions I saw, were strong. Throughout the day I heard considerable discussion in the halls and over drinks about the mission of TI and the balancing of teaching speaking vs. leadership training. For what do you come to Postprandial? Please tell me or another member of our outgoing or incoming executive committees.

District 65 presented Lauren Dixon of Dixon Schwabl with the annual Communication and Leadership Award. Lauren spoke to a packed ballroom about the importance of employee satisfaction and workplace environment factors in Dixon Schwabl’s rise to being named by the Society for Human Resource Management as *The Best Small Company to Work for in America*. Most importantly, she said that work ought to be fun. We all left with loaded official Dixon Schwabl squirt guns, which we were told were standard issue at the company. I suppose not many of them wear silk.

At the semi-annual business meeting, reports were given
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Treasurer’s Report by Alan Turof, DTM, PDG



Twice a year Postprandial goes through a process called semi-annual dues collection. Simply put, that means we pay our dues.

As of Thursday, March 27th, 47 Postprandial club members paid their dues. And we even completed the entire process few days earlier than required.

It takes a lot of communication by a number of our club members and the Executive Committee to make all of this happen. I’d like to personally thank each of you for submitting your dues on a timely basis and for reacting to my many emails in a positive manner.

Words of the Watcher

Date	Theme	Words
April 1	Fool for You	Ventripotent & Cittosis
Apr 15	All About Poems	Metaphor & Evocative

“That’s the promise of America, the idea that we are responsible for ourselves, but that we also rise or fall as one nation, the fundamental belief that I am my brother’s keeper, I am my sister’s keeper.”

-Barack Obama,
Presidential Nomination Acceptance Speech



Networking (Continued)

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is a great time for us as a club to invite businesses and individuals to see what we do and for us to learn more about what they do.

Some of our members are looking for new business; some of our club members are looking for new jobs; and some of our members are looking for additional friends. What a great way for us to meet new people than invite them to our house. Reach out to your networks; Facebook, LinkedIn, Twitter, PeerNet. Call your friends. Invite your co-workers and bosses. Tell them they need to come May 13th 5:30pm at Mr. Mike's Sports Bar and Grill (Napa Gino's) and be a part of one of the strongest professional networks in the world.

Great Speeches; Great Friends; Great Networking

POSTPRANDIAL TOASTMASTERS NETWORKING MIXER

Wednesday, May 13, 2009
5:30pm - 6:30pm

Mr. Mike's Sports Bar And Grill
(formerly Napa Gino's)
2200 Penfield Road
Penfield, NY
585-750-6234

RSVP: Dave Pope dspope@thepdaschool.com

Spring Conference Report (Continued)

(Continued from page 3)

by all the district officers at the divisional and district levels. Elections were held for these offices, terms to begin July 1-2009. Of special note, Postprandial member Kate Olsen stood for election as Central Division Governor. While unsuccessful in this bid, Kate was a model candidate who conducted a dignified campaign of which all Toastmasters could be proud.

The district level International Speech Contest was the highlight of Saturday afternoon. Eight finalists vied for one spot at the regional level contest in Cleveland this June. I was impressed by all eight speeches. On my own unofficial scorecard, I had four of the speeches in the 90's on the Toastmaster 100 point scale. Postprandial's Dave Pope placed third. Nancy Scott, one of our veteran inactive members was the other contestant representing the Central Division. I hope we have a chance to *Stand Up* and cheer for Dave (and Gil) one more time at the next meeting.

The conference concluded with a banquet to install next year's officers, give several District level awards, acknowl-

edge the contest winners, recognize recent DTM recipients, and thank everyone who helped to put the conference together. It takes many people in roles large and small to make these events happen. Postprandial members, as well as participating in both contests, were there to pitch in. Al Turof and Diana Robinson presented educational sessions. Gil Stern organized the activators, who introduced the educational sessions. Kate Flanagan was the breakfast chair. Tom Frisk created some amazing origami for the lunch table settings (and I saw him pitching in at the registration table and pinch hitting for a MIA activator), Kate Olsen was and activator, Mark Emblidge entertained, Nancy Scott coordinated decorations and I did the breakfast invocation and served as an activator. Many other club members, including Kelly Roland, Glenn Burdett, Melinda Bessey, Melinda Yoder, Paul Lozito and Allison Moreland, were there to support our contestants and join in the dinner.

On a personal note, I have been to two of these conferences. It is much more fun and rewarding to be involved and to put your communication skills to use.

LOOKING AHEAD

13-May-09	Meeting: Opportunity Knocks Vote for 2009-2010 Officers <i>Last night for CAA Nomination Speeches</i>
17 May 09	<i>BRUNCH at Harris Whalen Park</i> <i>This is a Family Event</i>
27-May-09	Meeting: Sing Me a Song <i>Voting for CAA Winner Tonight</i>
10-Jun-09	Postprandial <i>Tall Tales Contest</i>
24-Jun-09	Recognition/Installation Banquet



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Gil Stern, ACG, CL
Melinda Bessey, CC, CL
Glenn Burdett
Sudipta Das
Drew Martin
Allison Moreland

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