



# Freehold Phrasers Press

## Toastmasters Club #6522

November 2009

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**Rich Cavanaugh, ACB**

#### QUESTION:

*Most of us go into Toastmasters hoping to become better speakers, presenters, listeners, leaders, etc. You most likely did the same, but tell us something that Toastmasters has taught you about yourself, others or the world in general, that you never expected?*

I had always had an interest in public speaking and was somewhat of a natural at it. I really did not understand when someone said that they were afraid of speaking in public. I had always found that talking in front of a crowd was actually easier for me than speaking to a single person one on one. When I talked in front of a crowd I could dominate the conversation. I didn't have to worry about how the conversation would turn. I was in control. But talking to a person one on one was a lot different. I actually had to listen to what they had to say. I had to think about how I was going to answer them. But even more, I had to wait until they were done talking, process what they were saying, and return to them either through body language or by what I said that I understood. Then I had to show I was interested in what they had to say.

However, since I joined Toastmasters I have found that others have plenty to say. In fact I have found that I am more interested in listening to what others have to say. We have a lot of very interesting people in our club. In fact, each set of speeches are mini lectures in such diverse topics. I have learned about types of film and how to be healthy. I just found out why the US is number one from the perspective of a person who immigrated here. I have found that Toastmasters is not only about talking to others in public, but it is also about listening to others. Toastmasters has taught me to not only to listen to the content, but to listen to the style and manner. It taught me to listen in such a way that you connect with others.



Hello fellow Toastmasters! I recently found myself standing at a podium, in front of a large group of people, but not at a Toastmaster's meeting or event (see picture above). I am going to withhold details of where I was and why I was there because I want to share the experience with you in an upcoming speech. What I will share with you, is that I had some feelings of anxiety before this event, because I expected that I would have to get up and speak. However, as I was thinking about it the days leading up to the event, and while I was sitting at the table at the event, something else crossed my mind. I was happy that I became a Toastmaster 2 years ago! I thought to myself, "I am a Toastmaster and I can handle this with ease". Being a Toastmaster has made me a more confident speaker and person in general. Yes, I still had some feelings of anxiety, but I can assure you that these feelings would have been much larger if I was not involved in Toastmasters! If you are like me, and you get nervous speaking in front of people, you are on the right track by being in Toastmasters. However, to reduce your fears, you have to do more than just attend meetings and watch, you have to get up there and speak. Please push yourself to speak at every meeting. Every time you speak, your confidence will grow! If you need some extra encouragement, don't hesitate to see me or any of the other helpful members in our club. As far as my story that goes along with the picture, you'll have to hear all the details at my next speech.



## An Effective Toastmaster

by Eileen Daly

I think all of us here want to be better speakers. So I'm going to tell you how to accomplish that...

If you want to be a better speaker...*don't be a Toastmaster.*

If you want to be a better listener...*don't be a Toastmaster.*

If you really want to be a better speaker and listener

...*don't be a Toastmaster...* **Be an Effective Toastmaster.**

I am going to tell you about Toastmasters history, how Toastmasters made a difference in my life, and how you can be a more effective Toastmaster and make it work for you in your life.

First, let's take a look at the Toastmasters organization. Toastmasters started October 22, 1924. Although it has been around 85 years it's still very young at heart. Ralph Smedley is the founder. The first meeting was in a basement of a YMCA in Santa Anna, California. Smedley began working in the YMCA after he graduated from college. He observed that many of its' young patrons needed training in the art of public speaking. He decided to help them with a training format similar to a social club. During the early 1900's the word Toastmaster referred to a person who proposed the toasts and introduced speakers at a banquet. Smedley named the group the Toastmasters Club. At that first meeting members practiced speaking skills in a supportive social atmosphere. The seedling club blossomed. Another club sprung up... and another... and another. In 1973 Toastmasters opened its membership to women. And today there are more than 250,000 members in 12,000 clubs in 106 countries. And it's making a difference in the lives of many people.

I am personally very proud to say that Toastmasters has made a major difference in my life. I have met many wonderful and amazing people in our Toastmaster family. I would like to tell you how Toastmasters changed my life. Professionally, as a nurse Toastmasters has helped me speaking with patients and other colleagues. Socially, Toastmasters has given me the confidence in my dancing performances. In my personal life I would like to share some stories how Toastmasters has helped me. In my personal life, I lost my brother Michael who was very close to me. He was 49 years old and died of a heart attack. My family asked me to give his eulogy in a church filled with over 100 people. My Toastmasters training gave me the strength to take that microphone and speak. And I also gave the eulogy to my club before speaking it to develop the poise I needed. Another example when 3 of my nurse colleagues unexpectedly lost their jobs at the hospital I gave their farewell speech and toast at their retirement dinner. And when my daughter Mary got married last December, I was able to compose and speak a touching toast to her and her new husband at their wedding. And when the author of a famous book was giving a lecture, I gave her introduction to 450 people at the Ramada. And my first and most special moment was being Toastmaster at our club's 10<sup>th</sup> anniversary dinner at Freehold Gardens and

*Continued on page 3*

## A New Member's Perspective

by Carrie Speiser

What I have always enjoyed about Toastmasters is that it is unlike anything else I have ever tried. I have sat through public speaking classes in high school, been to several types of meetings, but none of them have been like Toastmasters. The environment is positive, friendly and encouraging. I look forward to going to meetings not only to watch as we all try to improve ourselves, but I find it is also the time that I seem to laugh the most often. Toastmasters puts me in a new mood, I always feel inspired and revitalized after sitting through a Toastmasters meeting and I really enjoy being a part of it. The Freehold Phrasers have all been extremely warm and helpful in getting me settled in as a new member. All of those who are club officers have extended a hand to help get me accustomed to the program. I have even received a mentor to help me with my personal progress. We are all part of Toastmasters to improve ourselves through our communication skills and active leadership. Through Toastmasters we are sure to learn truly valuable information and gain insight to ourselves in the process. Personally, I am excited about the opportunities for growth that my experiences with Toastmasters will bring and I look forward to acquiring additional skills that I'm certain will have a life-long impact. Many thanks to everyone of the Freehold Phrasers!

## November Meetings Open Roles

Please email Kathy LaConte at [chattykathy2001@aol.com](mailto:chattykathy2001@aol.com) with any interest in helping to fill the following open roles:

### November 4, 2009

- 1) Joke Master
- 2) Evaluator #3
- 3) Evaluator #4

### November 11, 2009

- 1) Lexicologist
- 2) Quote Master
- 3) Evaluator #4
- 4) Grammarian
- 5) Timer



# HALLOWEEN FUN

October 21, 2009

Starring

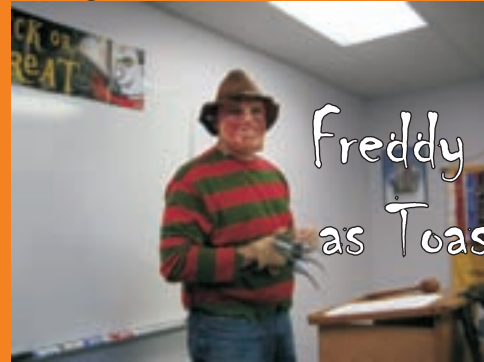


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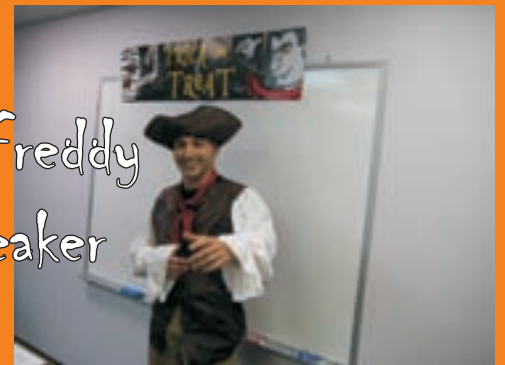
introducing the keynote speaker, my brother Dan Daly. Toastmasters is not just a meeting you go to on the first and third Wednesday of every month. And it's not just something you do for your job or career. You don't know when these skills will be helpful in your everyday life. Look how it helped me in my brother's eulogy. My daughter's wedding. My friend's retirement.

Now let me tell you the ways you can be an **Effective Toastmaster**. Bring your passion to every meeting. Raise your hands to volunteer to speak even for the notorious Table Topics. We learn here by energetic engagement whether by listening or speaking. Raise your hand. Take roles. Prepare and practice. Be an officer. And never leave home without your Toastmaster badge on. Carry it into your professional, social, and personal lives. Carry it wherever you go. There is an old saying. Practice makes perfect. Practice doesn't make perfect. Perfect Practice makes Perfect... Just like coming to a Toastmaster meeting doesn't make us effective Toastmasters. It's when we keep our hands raised and we are energetically engaged... That's what makes us **Effective Toastmasters**.

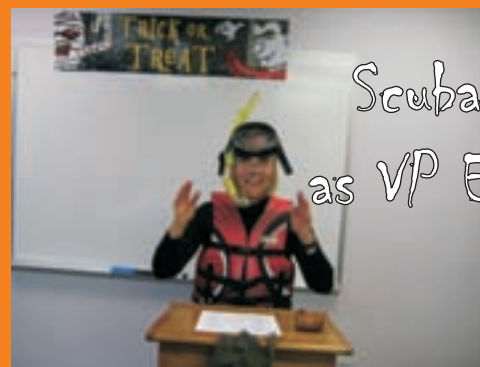
I challenge all of us to be the most **Effective Toastmasters** that we can be.



Freddy Krueger  
as Toastmaster



Pirate Freddy  
as Speaker



Scuba Kathy  
as VP Education



Eileen Daly  
as Best Speaker  
& An Effective Toastmaster



Benjamin Franklin  
as Quote Master  
& Joke Master



## Happy 85th Anniversary!!!

Fellow Toastmasters,

Happy Anniversary!

October 22 is an auspicious date for Toastmasters around the world. It marks the day that a small group of people, led by Dr. Ralph C. Smedley, held the first official Toastmasters meeting in the basement of a YMCA in Santa Ana, California, USA.

While the original intent of the group was to teach after-dinner speeches to young men, as we all know, Toastmasters has evolved to become a worldwide leader in communication and leadership development. This evolution was no accident; Dr. Smedley firmly believed that the improvement of a person's ability to communicate his or her ideas was a means of improving life in all its phases, personal as well as professional. It's a philosophy that resonates as clearly today as it did back in 1924.

Since its founding, Toastmasters International has empowered more than 4 million people to achieve their full potential and realize their dreams. Our organization's long-term success and growth is a tribute to Dr. Smedley's vision. He understood that communication isn't optional and leadership isn't always natural, but both can be learned through doing.

As we celebrate our 85th anniversary, the organization stands at a historic high point. Our membership is at an all-time high of 252,000 and growing, our programs are more expansive and our leaders have developed innovative strategies to keep up with advances and shifting cultural dynamics of the global age.

The next 85 years hold even greater promise as we continue to adapt and evolve in an ever-changing world. Let us work together to build our organization by building our members - with confidence, leadership and service.

Thank you for all you do to support and serve Toastmasters.

Sincerely,

Gary Schmidt  
International President  
Toastmasters International

## Upcoming Events

### "KnowledgeNet 2.0"

Our District 83 Fall 2009 Conference is November 14, 2009 at Woodcliff Lake Hilton 200 Tice Boulevard, Woodcliff Lake, NJ 07677 from 8:30 am -10:00 pm. The Tall Tale and The Table Topic Speech Contests will be held and there will be educational workshops. The price is \$110 in advance or at the door. The price for the Contest only is \$40 with no food.

## Club Officers

President: Rob Diertl, CC  
VP Education: Kathy LaConte  
VP Membership: Shakher Puntambekar, CC  
VP Public Relations: John Zalepka  
Secretary: Fred DeFilippo  
Treasurer: Judy Braverman, CTM  
Sergeant-At-Arms: Richard Cavanaugh, ACB

## Freehold Phrasers

Toastmasters Club  
meets at 7:30 pm on  
the 1st & 3rd Wednesdays  
each month  
at the Greater Monmouth  
Chamber of Commerce  
17 Broad Street  
Freehold, NJ 07728

For more information  
call John Zalepka at 732-610-7654  
or see our website at the  
temporary domain:

<http://freeholdphrasers.freetoasthost.cc>

Publisher:  
John Zalepka  
VP Public Relations  
5103 Rt. 33  
Farmingdale, NJ 07727  
732-610-7654  
john@adproimprints.com