

Labor Toastmasters



ORATOR

Volume 2, Issue 4 January February 2006
A bi-monthly newsletter Liz Villanueva, Editor

www.toastmasters.org

THE ORATOR

Welcome to the fourth issue of the new year of the Labor Toastmasters newsletter, **The Orator**, winner of the 2005 Golden Quill Award. Bi-monthly we'll share the latest in club events and meetings. We will spotlight members, as well as share tips on effective public speaking.

MESSAGE FROM OUR PRESIDENT

New Year, New You! That was the theme for our first club meeting of the new year. January is the time of year when many of us make resolutions or set goals for what we would like to accomplish during the next twelve months. Often those goals focus on self improvement, overcoming old habits, or accomplishing new things.

Toastmasters can help you in all of those areas. You can develop effective communication and leadership skills which will serve you well in the workplace and in community activities. Active participation in Toastmasters can help you develop the self-confidence you need to break out of old habits and do new things.

So if you are looking for a way to turn your new year's resolutions into reality – try Toastmasters. We have the tools you need to help you reach your goals.

Toastmasters Mission Statement:

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.

Labor Toastmasters 2005 – 2006 Club Officers



Sitting Left to Right:

Roxane Staller, Treasurer; Rashawn Morine, President; Wayne Lee, Immediate Past President.

Standing Left to Right:

Maria Mayrand, Secretary; Liz Villanueva, Vice President of Public Relations; Woody Gonsalves, Sergeant-at-Arms; Kathryn Dougherty, Vice President of Education; and Joyce Jones, Vice President of Membership.

WELCOME ABOARD, NEW MEMBERS!

We welcome two new club members:

Carol Wilson, BLS
Brad Mayberry, OWCP

TOASTMASTERS SHOWCASE

What do we do at Labor Toastmasters? On December 8, 2005, the club hosted a fantastic showcase, with all our members demonstrating how much fun we have at our club meetings. Our guests received a display of not only what we do in our meetings, but also how we support our fellow members. We had our Toastmaster of the Day, Joyce Jones, kick off the event. Our stellar CTMs, (Competent Toastmasters): Pat Morgan, Kathryn Dougherty and Eduardo Ramirez, regaled all of us with deep, funny, and personal speeches. Peter Berzins was splendid as our Table Topics Master. And our evaluators extolled the virtues of every speaker.

Thank you to all the members and the many supportive guests who made this showcase a stellar event!!!

WHY DID YOU JOIN TOASTMASTERS?

Eddie Ramirez, EBSA: As a prior Competent Toastmaster (CTM), many moons ago, I felt the need to seek out professional organizations that would stimulate my growth and give me the feeling of camaraderie, Toastmasters is that and much more. I feel that I'm in my element! Good Folks

MONTEREY DISTRICT 4 CONFERENCE



Several Labor Toastmasters members took a roadtrip down to the District Four Fall Conference in Monterey California on November 19, 2005. At the conference, we attended the District Four Humorous Speech contest and the Hall of Fame awards ceremony, where the accomplishments of numerous Toastmasters members were recognized. The District Public Relations Officer, Linda Berzins, announced that the Fall 2005 winner of the Golden Quill Award goes to Liz Villanueva, the editor of the Labor Toastmasters newsletter, "The Orator." The award is given to the editor of the best club newsletter in the Peninsula, with over 200 clubs that stretch from San Francisco to Monterey. The newsletter is judged by the following criteria:

1. The content should promote Toastmasters goals in speaking, communication, and leadership.
2. Articles should appeal to any reader.
3. Layout and design should be visually appealing.

Congratulations to all for such a great turn out!! Our club's area did very well and placed in both contests: Sharon Malakoff placed third in the Speech Evaluation contest and Michael Dart placed first in the Humorous Speech contest.

Final results of the Evaluation Contest:

First place: Michael Shields

Second Place: Carl Nail

Third Place: Sharon Malakoff (member of the Area E)

The final results of the Humorous Speech Contest:

First Place: Michael Dart (member of Area E)

Second Place: Hal Huntley

Third Place: Carmen Martin

MENTORING PROGRAM BEGINS!

A New Year, A New You:

We all joined Toastmasters to improve our public speaking and leadership skills. In order to help members stay on track in meeting their educational goals, Labor Toastmasters has implemented a Mentor Program. Our Vice President of Education, Kathryn Dougherty, has organized a list of mentors and mentees. A mentor serves as a role model, coach, and confidante. Start the new year right. Your mentor will contact you and start an open dialogue about your reasons for joining Toastmasters: what you hope to accomplish in the club and where you stand right now. Meet regularly with your mentor: get tips on organizing, and timing your speeches and receive feedback on rehearsals. In all that we do, we can always have time for a little mentoring.

Mentors benefit from this program: they learn from their mentees, remain productive, they do something for others and they receive recognition. Mentees also benefit from this program: they learn from established members and have a safe and supportive person to go to who can help them get the most out of Labor Toastmasters. Our mentoring program also fulfills the Toastmasters promise we all pledged: "As a member of Toastmasters, I promise...to help the club maintain the positive, friendly environment necessary for all members to learn and grow."

Effective mentoring techniques:

Be sensitive: Always consider the member's comfort zone. Lead but do not push.

(Mentoring Program con't)

Explain the Basic Manual: Introduce the member to the manual and explain how evaluations work.

Explain how to schedule speeches: Explain how to sign up for speeches and roles online.

Praise: Provide praise to the member, especially after having completed the Ice Breaker.

Encourage: Encourage the member to set goals with specific dates.

Rehearsal: Volunteer to listen to one of the member's rehearsal sessions.

Mentors help us grow by keeping us focused on our goals. Mentors challenge us to think "outside the box" and try things we may not ordinarily do. It is easy to get stuck, have a setback or lose sight of our goals, and our mentors are there to help us stay on track. Our mentors often see that little spark in us we don't even see in ourselves.

Work closely with your mentor to get the most out of your investment in Labor Toastmasters!

Adapted from the District 31 Toastmasters Website

MEMBERSHIP BUILDING



Do you have a friend who wants to join Labor Toastmasters?

"Let us share the benefits we have gained for ourselves with others." Dr. Ralph Smedley

Identify the prospect: Is there a need? Will Toastmasters help the individual achieve what he or she expects in order to get ahead? Or does the person realize the need?

Get their attention: Persuade them to listen.

Tell them about the benefits: Get across to the prospect what Toastmasters can do for him or her; sell the sizzle, not the steak. Be sure your club meetings sizzle with excitement. People want to know what Toastmasters will do for them so show what Toastmasters has done for your and other members.

Adapted from District 31 Toastmasters Website

**Talk up Toastmasters!
Membership Building Contest
February 1 - March 31, 2006**



If our club adds five or more new, dual or reinstated members to the membership roster between February 1 and March 31, we will receive a special *Talk up Toastmasters!* ribbon to display on our club banner. Labor Toastmasters club members who sponsor new members during the contest period will be entered in a drawing to win exciting prizes!

Let's Make it Happen! Good Luck Everyone!

BE HEART S.M.A.R.T.

When we take on goals close to our heart in life, the success or failure depends on the approach. Outlined here you will find the S.M.A.R.T. approach. It not only works well in our Toastmasters Clubs to enable us to reach our speaking and leadership goals, but can also work in our professional and personal lives.

Specific - We cannot wake up one morning and set a goal to be the next President of the United States. Great speakers did not wake up one morning the polished speakers they are today. You can, however, set your own personal, specific goal you would like to achieve.

Measurable – Your goal should have a definite course and deadline.

Action Plan - Have an action plan for achieving those goals. Get a chart and mark your progress.

Realistic - Make sure your goal is possible in the timeframe you have allotted (not too easy or difficult).

Timetable - Take the time to learn the heart lessons that each step along your journey teaches you. That is what will make the journey that much more meaningful.

Adapted from District 31 Toastmasters Website



SAVE THE DATE!!

The Club's International Speech Contest and Table Topics Contest are just around the corner!! The club contest is scheduled for Wednesday, March 15, 2006 at 11:30 to 12:30 pm in Suite 1730.

Eligibility: for the International Speech Contest, contestant must have completed at least 6 manual speeches in the Communication and Leadership Program manual prior to the Club Contest date. Contestants must prepare their own 5-7 minute speech, which must be substantially original and certified as such.

All club members in good standing are eligible to compete in the Table Topics Contest. So, get ready to compete and represent our club on the road to glory!!! And if you do not plan to compete, come and support all our contestants.

LABOR TOASTMASTERS OFFICERS JULY 2005 TO JUNE 2006

Feel free to contact us if you have any questions about the club.

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415-848-6806

VP of Education Kathryn Dougherty, OASAM
415-975-4013

VP of Membership Joyce Jones, OWCP
415-848-6928

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415-848-6721

Secretary Maria Mayrand, OWCP
415-848-6675

Treasurer Roxane Staller, OWCP
415-848-6737

Sergeant-at-Arms Woody Gonsalves, ESA
415-848-6718

Immediate Past President Wayne Lee, BLS
415-975-4434

WHAT IS TOASTMASTERS?

Toastmasters is an international non-profit organization dedicated to helping you overcome your fear of public speaking. You will learn by presenting prepared speeches in a supportive environment, giving impromptu speeches, offering and receiving constructive criticism, and acquiring self-confidence and leadership skills.

JOIN THE CLUB

It's very simple to join. For \$57.55 you get a handsome speech manual, a leadership manual, guides on the use of voice, gestures, and feedback, and a subscription to Toastmasters Magazine. The price also includes 6 months dues. You can renew your membership every 6 months after that for only \$36.00. Ask your supervisor about getting reimbursed. Toastmasters is supported by the Department of Labor as a low cost, practical training in communication and leadership.

SCHEDULE OF MEETINGS

We meet on the first and third Wednesdays of the month:

11:30 A.M. – 12:30 P.M.
Room 1730 unless otherwise noted

January 18, 2006

February 1 and February 15, 2006

March 1 (room TBA) and March 15, 2006

April 5 and April 19, 2006

MEMBERSHIP ROSTER

Peter Berzins, OWCP
Neville D'Cunha, OWCP
Kathryn Dougherty, OASAM
Norma Estrada, OIG
Woody Gonsalves, ESA
Rodney Hamlet, ETA
Sabrina Hernandez
Heather Hesik, EBSA
Joyce Jones, OWCP
Thomas Leahy, EBSA
Wayne Lee, BLS
Tony Ling, OWCP
Brad Mayberry, OWCP
Maria Mayrand, OWCP
Pat Morgan, OWCP
Rashawn Morine, OWCP
Kelly Nguyen, WB
Anthony Parber, BLS
Amisha Patel, OWCP
David Polonsky, OWCP
Eduardo A. Ramirez, EBSA
Roxane Staller, OWCP
Tammy Vance, OASAM
Liz Villanueva, OWCP
Karen Wilsey, BLS
Carol Wilson, BLS