

# Taking Pride

## What to say?

I recently heard a new member say that when she joined Toastmasters, she had no idea that she would have to write her own speeches and it took about three weeks of listening to various speeches to figure out that each member wrote their own speech. She thought that you were handed a speech and you just had to learn how to master the presentation. Funny thing, I thought the same thing when I joined. I wonder how many others thought the same thing before they signed up? One of the most difficult aspects of being a member for me is what to say in a speech. Once I think of a topic, I find it pretty easy to write the speech. Finding a topic is the difficult part. After doing some research, here are a few useful tips:  
Selecting the right topic is the secret. **Speak about you.** Tell the audience about things that

you have experienced.  
**Speak about things that you know.** You may not realize it, but you have knowledge that the rest of your club members would like to have. Think about your areas of interest and expertise and share them with others. **Speak about things that you would like to know.** If something interests you or is a lifelong dream, your enthusiasm for that topic will be contagious. Research the subject and present to the audience.  
Just imagine the things that we will learn as a group.  
In the past few weeks, Jana Montgomery taught us the difference between the Core Program and the Points Program in Weight Watchers. We have learned about the history of roller coasters from yours truly. This past week, Oliver Delaney explained the different roles in a Toastmaster meeting and Keith Trolinger gave a wonderful speech on the

different ways to read a Bible. Way to go group. Keep up the good work!

## From the Toastmasters International web site....

### Speak Like a Leader

Communication and leadership skills go hand in hand.

There are many good reasons why Toastmasters teaches both communication and leadership skills. People with good communication skills are more likely to be promoted to leadership positions, and good leaders need communication skills to be effective.

In other words, if you want to be a leader, you have to learn to speak like a leader. And Toastmasters is here to help.

I have included a link to the Toastmasters International web site for more information on leadership.

### Upcoming Events

- Area K4 Contest, Tonight, Wed, Sept 19, Blvd Cafeteria, 13<sup>th</sup> & Lee, 6pm, Reg \$2.00
- Area O Contests, Sept 22, Devon Energy Training Ctr, 100 N. Broadway, 9:15 am Reg \$5.00
- Division K Contest, November 3<sup>rd</sup>, Midwest City Library, 1-3p
- District 16 Fall Conference, Nov 30-Dec 1, Stillwater, OK. Contact Linda Israel for more info. 523-2523.

### Club Online

Please visit the Club Online site to sign up for roles at the upcoming meetings:  
[www.sandyeast.com/servlet/Login](http://www.sandyeast.com/servlet/Login)

You can also learn a lot about public speaking, Toastmaster members and upcoming events by visiting the Toastmasters International website at:  
[www.toastmasters.org](http://www.toastmasters.org)

### Member Spotlight

A new feature that I have added to our monthly newsletter is a segment that I call member spotlight. The purpose of this section is to learn a few things about a different member of our club each month. This week the

spotlight is on Jana Montgomery. In her own words, here is a little information from Jana: Growing up in the Army prepared me to adapt to most situations and appreciate people from diverse backgrounds. This has proven beneficial to me throughout my life. I received a business degree in marketing from the University of Central Oklahoma in 1984.

Subsequently, I have worked in the insurance field mainly in the area of workers' compensation and am a licensed claims adjuster and customer insurance service representative.

Currently, I work for CCM of OKLAHOMA and INTEGRIS Health in a marketing capacity for the Risk Management department. My objective is to secure consulting opportunities to teach other healthcare facilities how to achieve the same success INTEGRIS has created with their no-lift program whereby direct patient caregivers are protected from debilitating injury from lifting and repositioning patients. Begrudgingly at first, I joined Toastmasters as a requirement of my job. Now, I consider it a

benefit. I have the opportunity to grow in my public speaking and leadership skills with many bright and giving people each week. I practice speeches with my dog, Andi and when her tail wags, I take it as clap of approval.

Thank you Jana! Your humorous side comes through in everything that you say and do!



### From Our President By Linda Israel, ATMG, CL

Dianne Wigley, ATMS will represent the Governor's Toastmaster Club at the Area K4 Humorous Speech contest tonight.

Thank you for being the greatest. Every member counts!