THE COMMUNICATOR

P.O. Box 316 Ft. Madison, Iowa 52627

Volume 1

August 2014

Brian Ambrosio, Vice President Education

From The Desk of The President, Eric Miller (Le Prez)

Hello my new Toastmaster minions. This year is going to be exceptional for all of us – so many of you will learn to speak and then learn to speak greatly that all the world will hear of it and pay heed. People across the oceans will speak of our greatness, of the greatness of the Conscious Communicators Toastmasters Club, and a legend will hence be born. A legend that will transcend time – generation after generation of Third World young will dream that one day – ONE DAY – they may embark on a prophetic journey to America, and there see for themselves the mighty nation of Toastmasters Conscious Communicators Club. And all will be amazed. And all will pay homage. And all this will come to pass. So sayeth Eric Miller, President of TM, Ft. Madison Unit.

Toastmasters 2014-2015

Board Officers:

President: Eric Miller

V.P. Education: *Brian Ambrosio*V.P. Membership: *Jacque Miller*V.P. Public Relations: *Ramale Hunt*

Treasure: Bryan Mitchell Secretary: John Washburne

Secretary: John Washburne Sgt. at Arms: Michael Robinson-El

Outside Members:

Jean Symington-Craig Jennifer Neumann Freddy Krueger Betty Krueger



Newsletter News

The Communicator is produced quarterly by the Toastmasters club. This newsletter is a communication resource that informs the public about what goes on in the ISP club.

As the 2014-2015 elected V.P. of Education, I have decided that only a few copies need to be produced in order to lower our cost to the club. I will post up at least one copy of the same in each tier 2 and 3 cell houses and the gym. I would like to advice all Conscious Communicators that read this newsletter to please past along any copies that you might have to other members of the club that might not have any. At the gymnasium CONscious Communicators have a spot assigned by the sport equipment cage to post up anything related to Toastmasters, however not too many people are able to see and read any of what is posted there, therefore I will take it upon myself to post The Communicator near to the gym's entrance. Right now we are limited to certain amount of publicity that the club is allowed to have,

TOASTMASTER MAGAZINE QUOTES:

June 2014

"IT usually takes me two or three days to prepare an IMPROMPTU SPEECH."

-Mark Twain

July 2014

"COMMUNICATION works for those who work at it."
-British Film Music Composer John Powell

August 2014

"COURAGE is what it takes to stand up and speak.
COURAGE is what it takes to sit down and listen."
-Winston Churchill,

however in the future it should be proper to bring the knowledge of Toastmasters Club Mission and Promise for those that are planning to become members of the club. Toastmasters is a great program with structure and organization, the skills learned in the club are useful attributes for all those that are planning to have professional lives of leadership and advancement once getting out of prison. The idea is to put to practice and use all of those skills of communication that are learned in Toastmasters. By doing so, we are making our prison life valuable to us and society once released. ISP has been fundamentally lacking the training that many of us really need in order to move forward in our education endeavors. It is important to be accommodated with enough communication skills in order to be successful in life either inside prison or out in society. If we continue to practice what we learn right here in Toastmasters we can be sure to get ahead on anything we put our minds to and have the greatest time of our lives while doing so.

Brian Ambrosio, V.P.E.

TOASTMASTERS INTERNATIONAL MISSION

We empower individuals to become more effective communicators and leaders.

CLUB MISSION

We provide a supportive and positive experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Table Topics Anyone?

Over the years I've come to the realization that **Table Topics** is more than just the "fun "part of the meeting. Sure, there are plenty of light-hearted moments, as well as some very serious commentary being disseminated during this session, but with **Table Topics** it's also your golden opportunity to showcase your communication and extemporaneous speaking skills. It can be your time to shine, work those bugs out of your game, express yourself, and begin your Toastmaster journey. **Table Topics** I've discovered, is a continuation and an integral and vital part of the educational development that the Toastmasters program provides.

In public speaking as we all know, it takes a certain amount of courage to get up there and perform. Unfortunately, some of us just aren't ready to knuckle down and give that five to ten minute prepared presentation. It's quite challenging for a lot of us. Unlike a prepared speech though, **Table Topics** allows you the opportunity to stand there and free-wheel it. As we do this, our confidence increases - we become more self-assured, and we begin to grow our Toastmasters legs. These seemingly innocent measures will be a major benefit to our down the line Toastmasters and "life" enhancing pursuits. Answering questions and making "mini speeches" off the cuff and without preparation is oftentimes a much easier proposition than is delivering a prepared speech for some. Plus, it's a lot more fun and exciting.

I've known members who have attended club meetings for months and months and never got beyond their Ice Breaker speech. But at every opportunity they eagerly would have their hands raised to come forward to perform as a Table Topics speaker. It was their moment in the sun and well within their "comfort zone", an area where they felt safe and could excel.

Some of these individuals I've noticed haven't just been sitting and waiting for a **Table Topics** opportunity to speak. They've been students of the process and have actually been paying attention at club meetings and absorbing what's been going on all along. All the elements of a speech are there. Every lesson taught from our communication manuals from project one through ten is being utilized. Eye contact, gestures, vocal variety, speech purpose and organization, etc.; it's all there. Their learning curve of Toastmasters prominence, different from most of ours as it may be, is being honed in a style that they are comfortable with. When it's all done and over with and they've reached the apex of Toastmaster proficiency, they can look back to the sentiments of "ole blue eyes" and reiterate, "I did it my way."

S. Frasier-Bey

Any personal characteristic or habit that makes the speech more effective is a good mannerism."

The greater the obstacle, the greater glory we have in overcoming it."

-Dr. Ralph C. Smedley 1878-1965 Toastmaster Founder All Toastmasters club members are happy with the return of Freddy Krueger. Fred and Betty are valuable members of the club and they are definitely missed whenever they are absent from our biweekly meetings.

"I am going to give an excellent speech."

Upcoming speeches are obviously time consuming and need to be practiced several times before the presentation is made. Have you heard this saying before? "Practice Makes Perfect". Of course if we look for perfection each time we present a speech we will never have room for improvement, right. It doesn't matter if it is your Ice Breaker or your 10th Speech ("Inspire your Audience" Competent speech) from your Toastmasters Communication basic manual, improvements necessary to make the club meetings meaningful and substantially educational. Putting together a project that will apply our goal making experience is a valuable source of knowledge and can definitely enhance the club member's attitude and well being. A thing or two that you need to keep in mind when preparing for your next speech is to give yourself time to write down a rough draft of what your speech will look like. Practice your final speech before, just like you were delivering it to your club audience and try to keep your time so you stay in your time perimeter. Then, write down an Opening, Body and a Conclusion once you have come up with the information you want to convey to your audience, last you need to make a speech outline that looks similar to this one:

- A. Opening
 - . Captures audience attention
 - 2. Leads into speech topic
- B. Body
 - 1. Main Point
 - a. Subpoint
 - b. Support material
 - 2. Main Point
 - a. Subpoint
 - b. Support material
 - 3. Main Point
 - a. Subpoint
 - b. Support material
- C. Conclusion
 - 1. Review or Summary
 - 2. Call to action or memorable statement

Tips: (1) Include a quick 1 to 2 minutes short story or background history in your opening section, this is a practical way to capture the audience attention.

(2) Create a gradual climax in your story telling by using a mix of vocal variety and entertainment. Once you have make a connection with your audience and have caught their attention you can be sure that they will stay with you for the next 5 minutes or however long it takes for your speech to be completed.

Brian Ambrosio
Vice President Education

Speeches That Inspire



From The Toastmasters Club at Iowa State Penitentiary

The Toastmasters Club at ISP had their annual banquet celebration on July 15th, 2014 to welcome all new Executive Board Members. We are planning to have a great year this year. At our annual banquet meeting we had a great time eating and sharing the experience of the Toastmasters meeting.

At the meeting our newly elected president (Eric Miller) assumed his duties, along with the Vice President of education (Brian Ambrosio) and the other Board Members.

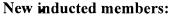
President Eric Miller and the V.P.E. Brian Ambrosio prepared the club's program one that showed their passion and interest by taking the club forward and to the high hope of elevating the educational program and attitude for all its members.

There were 4 speakers that set the mood at the speaking portion of the meeting with their wonderful speeches, this gave everyone else the opportunity to listen and enjoy themselves. Those speakers were Jennifer Neumann, Jean Symington-Craig, Ramale Hunt and Eric Miller. The high light of the speaking portion was indeed upheld by our outside guest Jennifer Neumann and Jean Symington-Craig. Both of them brought to the club those uplifting words of knowledge and encouragement that are very valuable to all the members.

Jennifer's speech was 20-25 minutes. She spoke on Communication and how we can all use the word "Bananas" in 25 different ways and send a different message each time depending on what body and facial expression we use. This speech was a great example to how we speakers can get the audience involved simply by given them a small task to perform before the group. Learning to use a different vocal tone and vocal variety can definitely send a different message each time to the receiving party. The reaction can be either one of surprise or disgust that depends of how the message is conveyed.

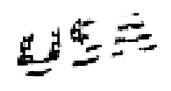
Jean's speech was of 5 minutes. She spoke on the privilege of exercising her muscles. She was very optimistic to have the opportunity to exercise one of her muscles, that one muscle is that of giving and sharing. It is her knowledge which makes her believe that others can reach their greatest potential when giving them the right tools to do so. Each of the ISP Toastmasters Club members is a muscle working together and in harmony for the well being of the club. When one of the muscles delivers the push it helps lift up other muscles that are joined to it, that is when encouragement happens. There is also the muscle of willingness which brings the feeling of accomplishment and fulfillment. The Toastmasters members in the ISP community appreciate such a wonderful member (Jean Symington-Craig) and all of the other outside members that give their time twice a month to be here sharing in the experience of the club advancement. Jean's generous collaborations to keep the club going and achieving many goals each year is a great accomplishment that should be greatly rewarded. As members of the Toastmasters club, we are most thankful for Jean's uplifting attitude and organizational skills.

To top things off, our inside speakers were Ramale Hunt and Eric Miller with their 5-7 minutes speeches. Hunt gave a wonderful speech "The Seven Wonders of the World." It is a big accomplishment for Hunt to prepare and to pick a great topic to present at the meeting. The research that Hunt did for his speech helped inspire the listeners. Also the speech had a lot of meaning behind its content. Eric Miller gave his speech of "My First Love". Even though the speech was mostly a reading from a page, he spent time preparing it and with his talent to mix humor with laughter it was impressive to listen to, and adequate for the audience. It is the success of the club that all of the four speeches presented were a hit.



Alf Clark
Damion Seats
Donald Carlston





CONscious Communicators Board Members

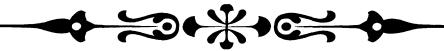
The Toastmasters club has been working on getting the funding to provide for financial support of the club. It is the mission of the CONscious Communicators to enrich the education opportunity of each one of its members to be equipped for the professional world. It is that belief that the cofounder had that Toastmasters forever be a club where the professional individual can come to develop their skills which are so important in the work force. We all in Toastmasters are equal and we plan to keep the club growing as much as possible.

This is a set of 10 questions asked a Toastmasters Member Jacque Miller

- **Q.** How long have you been a member of Toastmasters?
- A. Three Years.
- Q. How did you come to learn about Toastmasters?
- **A.** A former member of Toastmasters (S. Hamilton) invited me to check it out.
- Q. What impact has Toastmasters have in your life?
- A. I am not as hesitant to speak up.
- Q. What feelings do you experience during your club meetings?
- **A.** I feel joy and I like the environment, it is a stress free place where I can get away from prison for two hours.
- **Q.** What is your perspective about Toastmasters?
- **A.** It is a positive place to be and help me learn fundamentals to come across proper to the right people when you need to.
- **Q.** What motivates you to be in Toastmasters?
- **A.** Learning and gaining more knowledge and to make myself to be a better person.
- Q. How important is public speaking for you?
- **A.** It is very important- we speak in public every day and why not learn to do it the right way.
- **Q.** What advice could you give a New Toastmasters member?
- **A.** Give it a chance, try it out, before making a decision, and participate because you might learn to like it.
- **Q.** What are your goals to accomplish in Toastmasters?
- **A.** To get my Competent Communication (CC) and my Competent Leadership (CL) and go from there.
- **Q.** In three words how do you describe your club's atmosphere?
- A. Jovial, encouraging and fun

This is a set of 10 questions asked a Toastmasters Member Michael Ray Robinson-EL

- Q. How long have you been a member of Toastmasters?
- A. Four Years
- Q. How did you come to learn about Toastmasters?
- **A.** I was invited to one of the meetings by Fraiser-Bey and I liked what I saw.
- Q. What impact has Toastmasters have in your life?
- A. It gave me more confidence to speak to people and listen.
- **Q.** What feelings do you experience during your club meetings?
- **A.** I feel more confident and have courage to speak to people.
- **Q.** What is your perspective about Toastmasters?
- **A.** Toastmasters is something good to learn about oneself and how to speak to people.
- Q. What motivates you to be in Toastmasters?
- A. The outside members and the members at Toastmasters.
- Q. How important is public speaking for you?
- A. It is very important, when I get out of prison I can speak to a crowd of people.
- **Q.** What advice could you give a New Toastmasters member?
- A. Tell them to come to see how people can speak in Toastmasters and not to be afraid because we all are here to help him or her.
- Q. What are your goals to accomplish in Toastmasters?
- A. Accomplish as many Toastmasters goals as possible.
- Q. In three words how do you describe your club's atmosphere?
- A. Motivated, friendly and successful.



Business

Membership:

It should be said that in order to keep our Toastmaster's Chatter in ISP we have to continue paying for a minimum of 8 members for International Membership. The Toastmasters club pays for each one of its members the amount of \$72.00 each year, so in order to cover for 8 members this is the amount that must be sent in 8x\$72.00=\$576.00, these payment has to be done. Our Toastmasters club is short in funds right now so it is important that we minimize our expenses for the upcoming year. That means that we won't have the opportunity to get President Distinguished or any of the other awards next year. It takes \$72.00x10=\$720.00 to be eligible for an award. The Officers in the board are doing whatever possible to come up with fresh ideas as to how we can come up with such funds, in order that we can continue to enjoy the opportunities that the Toastmasters club has to offer to all of us. I believe that with a little initiative and perseverance the club will get back where it once used to be.

Members please make sure you are paying your dues - we will be enforcing if you don't pay your dues 2 months in a row then you will not be an active member, you'll still be able to come to meetings but won't do any roles or speeches or get credit for any thing you do so pay your dues it's \$1 dollar a month if you can.

Also remember 3 meetings missed and you'll be taken off the list. We have a waiting list if you don't want to come someone else may want to and we want to give them that chance.

J. Miller VPM