

# HEALTH TOASTERS

Keeping You Connected to the Latest Club News

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Our fall speech contests have come to a close. Let's take a look back at some highlights from the events. [Pg. 1](#)

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## SAVE THE DATE

December 15th  
is our holiday party!  
More details to come.



## Looking Back: A Recap of Our Fall Speech Contests

Our Humorous and Table Topics club speech contests took place on September 8th and 15th, respectively. We were fortunate to have a great turnout for the contests: 12 participants in total!



Contestants from left to right: Ryan Hove, Chase Hippen, Todd Quist, Greg Ellis

Chase Hippen took first place in our Humorous contest and Duane Noto took first in our Table Topics contest.





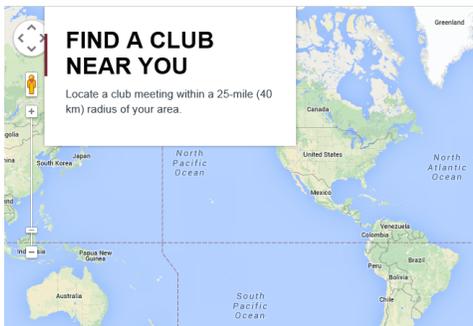
## New Toastmasters Website

Have you seen the [beta version](#) of the new Toastmasters International website?

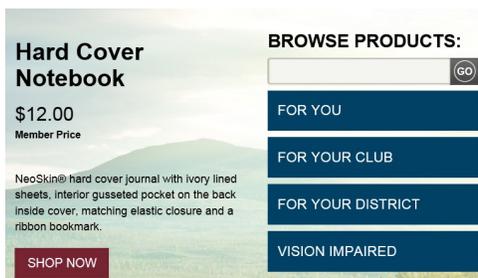
New site features include:

- simplified navigation
- interactive multimedia
- a resource library
- a new online store

Check it out today by going to [beta.toastmasters.org](http://beta.toastmasters.org). Select the Feedback tab on the right side of the page to share your thoughts on the new design!



Redesigned club locator tool



The new online store



Contestants from left to right: Duane Noto, Ryan Hove, Percy Williams, Paul Mattsen, Jim Rhodes, Jen Sweetser, Greg Ellis, Stan Genadek

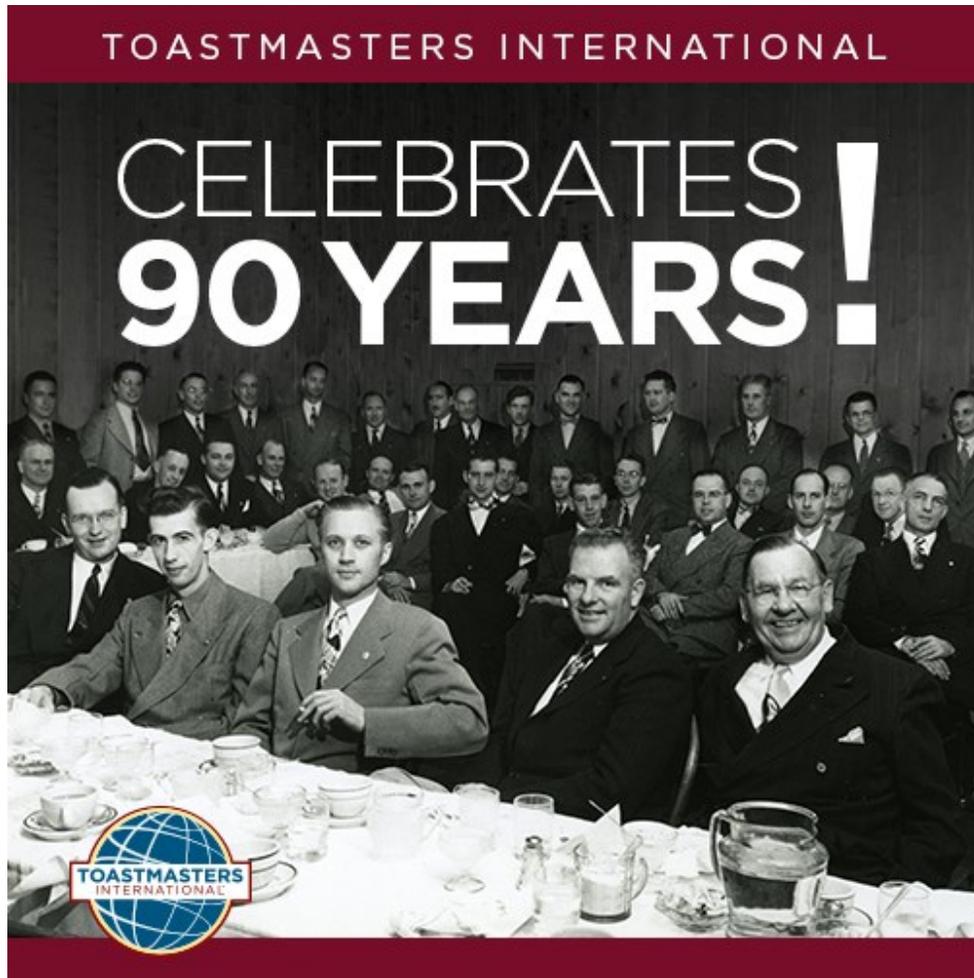
On September 29th, Chase and Duane competed in the Area 1 Humorous and Table Topics contests which were held at HealthPartners. Jim Rhodes was the Toastmaster for the competition and Jen Sweetser, our club president, acted as Chief Judge. Chase and Duane both took home first placed in both contests!



On October 9th, Chase and Duane moved on to compete in the Central Division contests in Eden Prairie. Chase took 2nd place in the Humorous contest!



Thank you to everyone who participated in and helped out with the fall speech contests—what a success!



This October marked the 90th anniversary of Toastmasters International. Since 1924, Toastmasters has helped millions of members empower themselves by gaining communication and leadership skills, enabling them to lead richer lives.

Over nine decades, Toastmasters has evolved from a small network of clubs in Southern California to more than 14,650 clubs in 126 countries, with membership exceeding 313,000. Members of the first group of clubs pioneered the same basic principles we still recognize today: Practice how to speak, keep meetings well-organized and on time, welcome new members enthusiastically and provide constructive feedback.

Join us as we take a look back at the rich history of Toastmasters International...





Dr. Ralph C. Smedley, Founder, and Maurice Forley, Executive Director, at the Toastmasters World Headquarters, 1963



The first official Toastmasters club, circa December 1924

Want to see more? Check out the [Toastmasters International 90th Anniversary](#) video.

## Timeline 1924–2014

**OCTOBER 1924**

The first Toastmasters club meets in Santa Ana, California

**OCTOBER 1928**

The first manual for Toastmasters clubs is copyrighted

**DECEMBER 1930**

Toastmasters International is incorporated

**APRIL 1933**

Toastmasters first magazine is published

**AUGUST 1938**

Inter-Club Speech Contest starts

**JULY 1946**

The first district is organized outside of the U.S. in Scotland

**JUNE 1951**

The first regional conference is held in Des Moines, Iowa

**MARCH 1970**

The First DTM award is issued

**AUGUST 1973**

Membership opens to women

**OCTOBER 1982**

Membership reaches 100,000

**1995**

[www.toastmasters.org](http://www.toastmasters.org) is launched

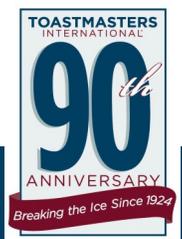
**AUGUST 2011**

Toastmasters International refreshes its brand

**JULY 2014**

Membership reaches 300,000

[www.toastmasters.org](http://www.toastmasters.org)



# The Proactive Speaker's Speech Writing Checklist

Are you a chronic procrastinator? Always writing your speeches at the last second? Help is here! Use our handy speech writing checklist to prepare for your next speech in advance and avoid the pressures of last minute speech writing.



## 2 weeks prior to giving your speech

- Review the manual instructions for the speech you will be giving.
- Pick your speech topic.
- Brainstorm ideas for your speech.
- Write down three points you want to cover in your speech.

## 1 week prior

- Create your outline.
- Prepare and practice with any visual aids you are going to use.

## 3 days prior

- Write your introduction and conclusion.
- Run through and time the entire speech using your outline.
- If there are parts of your speech you feel nervous about, create note cards and use them until you are comfortable without them.
- Adjust your speech length if your speech was too long or short during practice.

## 2 days prior

- Practice your speech without notes in front of another person who can provide you with feedback.

## 1 day prior

- Practice your speech three more times throughout the day.
- Go to bed early, focus on getting a good night sleep so you are well rested.

# New Member Q & A



## Xaulanda Simmonds-Emmanuel

**Q:** *Where did you grow up?*

**A:** I was born on St. Croix, U.S. Virgin Islands. Having parents that wanted me to be exposed to different cultures, we also spent some time living in Denmark and New York during my childhood.

**Q:** *What brought you to Toastmasters and what are you hoping to get out of being a member?*

**A:** A few years ago, a colleague of mine introduced me to Toastmasters. Unfortunately, I was unable to join at that time due to a demanding work schedule. When the opportunity came around a second time, I seized the opportunity to get involved as well as to improve my communication and leadership skills.

**Q:** *What do you do in your spare time?*

**A:** If you asked my teenage daughter, she'd say "She reads a lot!" While I enjoy reading mostly leadership and spirituality books, I also enjoy an intense game of tennis and a quiet evening with my family.

**Q:** *What is one piece of advice you would give to your fellow HealthToasters?*

**A:** Trust yourself. There is a lot of noise in the world we live in today and conflicting demands on our time or what we should do. Take the time to be still, listen to the voice within and trust yourself enough to follow your intuition.

**Q:** *What is something most people don't know about you and would be surprised to find out?*

**A:** I recently read the book, *Archetypes: Who are You?* by Carolyn Myss. Since I'm on an insatiable journey of self-discovery, I took the test online and the results stated that my Top 3 archetypes are Intellectual, Spirituality and Visionary. That may surprise some folks that know me...heck, it surprised me!

# New Member Q & A



**Rani**  
Cherucheril

**Q:** *Where did you grow up?*

**A:** India, Kerala state

**Q:** *What brought you to Toastmasters and what are you hoping to get out of being a member?*

**A:** To gain the ability to communicate/speak my ideas and thoughts confidently and without nervousness in front of people.

**Q:** *What do you do in your spare time?*

**A:** I love to hang out with my kids or my lady friends.

**Q:** *What is one piece of advice you would give to your fellow HealthToasters?*

**A:** We have a great opportunity to get help and give help (support each other) to our common quest to become better in speaking. Let's encourage each other.

**Q:** *What is something most people don't know about you and would be surprised to find out?*

**A:** I was a good Indian folk dancer (still do better in my age group of ladies).

# GET CONNECTED: About HealthToasters

## HealthToasters Mission

The HealthToasters Toastmasters club gives members the courage to change and improve their communication and leadership skills.

Our mission is to be a welcoming place for people of all skills. We are learning and growing together among supportive, caring members. We strive for a fun, exciting and flexible atmosphere.

## What's in it for you?

Toastmasters is a place where you develop and grow - both personally and professionally. You join a community of learners, and in Toastmasters meetings we learn by doing. Whether you're an executive or a stay-at-home parent, a college student or a retiree, you will improve yourself; building skills to express yourself in a variety of situations. You'll open up a world of new possibilities: giving better work presentations; leading meetings - and participating in them - more confidently; speaking more smoothly off the cuff; even handling one-on-one interactions with family, friends and colleagues more positively.



## Club Officer Support

**President:** Jen Sweetser

**Vice President of Education:** Greg Ellis

**Vice President of Membership:** Duane Noto

**Vice President of PR:** Danielle Sailer

**Secretary:** Ed Burke

**Treasurer:** Todd Quist

**Sergeant at Arms:** Paul Jackson

## Join us for a Meeting!

### Meeting Date/Time:

Mondays from 11:45am - 12:45pm

### Location:

HealthPartners Administration Building  
 Lake of the Woods Conference Room  
 8170 33rd Ave S, Bloomington, MN

