



TOASTMASTERS INTERNATIONAL NEWSLETTER

Edited by:
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Club News and Events

Club No. 828338
DBEDT for Business
May 2021

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DBEDT for Business 2020-2021 Executive Committee Members

President-[Howard Wiig](#), ACG, ALB
VP Education – [Joe Omura](#), EC3
VP Membership – [Dori Palcovich](#)
VP Public Relations – [Jackie Choy](#)
Secretary – [Liz Raman](#), CC, ALB
Treasurer – Richard Fassler, CC &
[Dean Masai](#), DTM
Sergeant at Arms – [Mark Ritchie](#), CC
Webmaster – [Liz Corbin](#), DTM

RECOMMENDATION: Joining the [Toastmasters District 49](#) Facebook group is a great way to learn more about what's going on throughout the state. Plus, a lot of helpful tips on making the most of your Toastmasters experience.

MEETINGS: Join us on the 2nd and 4th Tuesdays of every month via Zoom.
<https://us02web.zoom.us/j/87397802258>

Meeting ID: 873 9780 2258
Passcode 272641

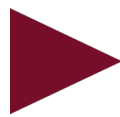
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Dial by your location
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Meeting ID: 873 9780 2258
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Gestures and Body Language

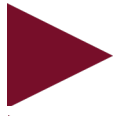
Speakers generate a great amount of emotion and interest through the use of non-verbal communication, often called gestures or body language. A speaker's body can be an effective tool for emphasizing and clarifying the words they use, while reinforcing their sincerity and enthusiasm. Here are a few tips on how to use gestures effectively:

- **Eye contact** establishes an immediate bond with an audience, especially when a speaker focuses in on individual listeners rather than just gazing over the audience as a whole.
- **Control mannerisms.** Mannerisms are the nervous expressions a speaker might not be aware of such as putting their hands in their pockets, nodding their head excessively, or using filler words like *um* and *ah* too often.
- **Put verbs in to action** when speaking to an audience by physically acting them out with the hands, face or entire body.
- **Avoid insincere gestures** by involving the entire body as much as possible in the movement and matching facial expressions to it.
- **Move around the stage** as topics change and move toward the audience when asking questions, making critical connections, or offering a revelation.

Upcoming Club Meetings



May 11: Zoom meeting at 11:30 am,
[Click here to join](#). Passcode 272641



May 25: Zoom meeting at 11:30 am,
[Click here to join](#). Passcode 272641



June 1: Zoom Executive Committee meeting at 11:30 am,
[Click here to join](#). Passcode 272641



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KEEP INFORMED: Check our [DBEDT for Business](#) website often for up-to-date information on club events and meetings.

TRAINING: Check out the District 49 website for training opportunities. <https://district49.org/>

SPEECH CONTESTS: Get the latest news on upcoming speech contests and find out the winners of past competitions. <https://district49.org/>

Club Notes:

Club dues for October 2021-March 2022 are due by October 1. More information available by emailing Dean Masai, Treasurer, at d49masai@gmail.com.

Pathways can be confusing. Need help navigating through Base Camp? Got questions on what to do next? Pathways coaching is available by emailing Joe Omura, VP-Education, at josephomura@yahoo.com.

Not yet enrolled in Pathways? Begin your journey now. [Enroll here](#).

Pathways

Pathways Learning

Embark on a journey of personal and professional development through Pathways, Toastmasters' new education program! Pathways is designed to help you build the skills you need to communicate and lead. It is comprised of 11 paths that teach more than 300 unique competencies:

As you progress through Pathways, you will:

- Practice and improve your communication and leadership skills.
- Give speeches in your club based on assignments in Pathways.
- Challenge yourself to build and refine certain competencies and skills.
- Complete a range of projects that include persuasive speaking, motivating others, creating a podcast and leading a group in a difficult situation.

Develop real-world, transferable skills in many different areas through Pathways—communication, leadership, management, strategic planning, service to others, public speaking and more.

Contact our VP-Education, Joe Omura, with any questions you may have about navigating through Pathways. He's offering Pathways coaching to all DBEDT for Business members. His contact info is in the Club Notes. Thanks Joe!

