



# TOASTMASTERS INTERNATIONAL NEWSLETTER

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## Club News and Events

### Club No. 828338 DBEDT for Business

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#### INSIDE THIS ISSUE

Tackling the Agenda  
Pathways and Website Support  
Making the Most of Toastmasters

#### Making the Most of Toastmasters

*Tips on overcoming crutch words from*

#### Drop Those Crutches

Learn to let go of the 'ahs,' the 'ums' and other filler words.

*By Joel Schwartzberg, CC, CL*

The trick to controlling this habit is substituting another behavior in its place, or at least adopting tactics that reduce its frequency. In my experience, these four strategies can help.

##### 1. Embrace the Pause

Most public-speaking experts agree that the best replacement for a crutch word is a deliberate pause.

##### 2. Slow Down

Speakers often use filler words because their mouths are outpacing their minds.

##### 3. Know Your Point

When speakers don't have clear points, they're inclined to ramble.

##### 4. Practice

When you're nervous and anxious, saying anything—even a crutch word—may feel more comfortable than saying nothing.

The full article can be found at <https://www.toastmasters.org/magazine/magazine-issues/2019/feb/drop-those-crutches>



### *Tackling the Agenda*

One of the most important positions in club leadership is Vice President Education. One of the critical duties of the VP Ed is overseeing the development of the meeting agenda, ideally several weeks in advance. The officers have been discussing ways to improve the way our club does this so that we're not still filling meeting roles when we walk into the meeting.

A couple of years ago, we started doing our agenda through the website and after a few glitches that's working pretty well, but members still seem to wait until the last minute to sign up even though our hard-working VP Ed sends out several reminders. We've been looking at how other clubs create the agenda for inspiration.

The first idea we're going to try is reflected in today's agenda. At the end every meeting, just before we adjourn, the VP Ed will spend a couple of minutes asking for volunteers for the next meeting. We're hoping that many of the roles can be filled then.

To make it easier to plan ahead, especially for speakers, we've created agendas on the website for all the meetings through the end of the Toastmasters year on June 30. To sign up for future meetings, choose Meeting Agendas on the menu on the home page. The agenda for the next meeting will appear and you can click on View Another Agenda to get a drop down menu of future meetings. If they don't appear, click on the box that says List All Agendas.

**If you have another idea, let us know. We want to continually improve the Toastmasters experience for our members.**

### *Pathways and Website Support*

We've heard that some members are having some issues with Pathways, the TI website or the club website. Maria has volunteered to bring her laptop to our meetings about 15 minutes early so that we can offer some hands-on help. We'll do our best to answer any questions.