

The **Roadtoasters' Schedule** from January 8, 2003 to March 26, 2003

| Roadtoasters' Name and Phone Number | 1/8/03 | 1/22/03 | 2/5/03 | 2/12/03 | 2/26/03 | 3/12/03 | 3/19/03 | 3/26/03 |
|--|--------------------------------------|---------|--------|----------|---------|---------|---------|---------|
| Konstantin Bogdanov (Secretary), 3681 | T | E | G | | CE | TT | | |
| Larry Briggs, ATM (Member-at-Large), 4594 | CE | | S | | E | T | G | |
| Roe Enchayan, CTM (Immediate Past President), 3681 | | TT | | CE, T, G | G | | | |
| Bob Foreman (President), 4429 | | | E | E | | | CE | TT |
| Wayne Foster, ATM (Member-at-Large), 476-1943 | | | | | | | | |
| George Howard, ATM (VP Education), 4332 | E | CE | | | S | G | T | |
| Jarice Kollars (VP Membership), 4885 | TT | G | T | I, E | | CE | | |
| Teresa Oglesby (VP Public Relations), 3339 | | | | E | | S | | CE |
| Dalyce Romau, ATM (Member-at-Large), 4544 | | | | | | | | |
| LoyAnn Rossel, (Sergeant at Arms), 4545 | S | | G | S | T | | | G |
| Lori Savidge, (Member-at-Large), | | | | | | | | |
| Cindy Shockey (Member-at-Large), 3837 | G | S | TT | | TT | E | | |
| Alan Whitford (Member-at-Large), 4733 | | T | | | | | TT | T |
| Jim Wilkinson, CTM (Treasurer), 4421 | TM | TM | TM | TM, TT | TM | TM | TM | TM |
| Speechcrafters' Name and Phone Number | Speechcrafters Completed Assignments | | | | | | | |
| Matt Dalton, 4594 | | S1 | I | S2 | I, E | | | |
| Sara Friedman, 477 6050 | | S1 | S2 | I, TT | S3 | | | |
| Marsha Munter, 4502 | | S1 | | S2, TT | I, E | | | |
| Kyoko Okamuro, 420 2405 | | | S1 | I, TT | S2 | | | |
| Mike Owen, 4735 | | | S1 | | S2 | | | |
| | | | | | | | | |
| Meeting Room | M&R | HCR | HCR | HCR | HCR | HCR | HCR | HCR |

S Speaker **TT** Table Topic Master **E** Evaluator
G Grammarian **TM** Toastmaster **T** Timer
CE Chief Evaluator **I** Introducer
INT Introducer **HCR** Hwy Comm Room **M&R** Materials & Res. Conf. Rm

The **Nebraska Department of Roads**



**Roadtoasters
Newsletter**

Toastmaster Club # 1761

Meeting Time:

**2nd and 4th
Wednesdays of
Every month**

12:00 to 1:00 PM

**(See schedule
for meeting
location.)**

Mission of the Roadtoasters' Club:

The mission of the Roadtoasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth

VISITORS ARE WELCOME

COME AND GROW WITH US

Issue No. 8, Volume 2
February of 2003
Bob Foreman, President
Terri Oglesby, V.P. Public Relations
Roe Enchayan, Editor



Mashed Potatoes and Gravy

By Jim Wilkinson, CTM Current
Speechcraft Course Coordinator

One of my all-time favorite comedy movies is “What About, Bob?” Did you ever see it? This multi-phobic (a bunch of irrational fears) nutcase Bob Wylie (Bill Murray), who is in a constant state of panic gets help from a rather stiff, arrogant psychiatrist, Dr. Leo Marvin (Richard Dreyfuss). Bob ends up cured and Dr. Marvin ends up crazy. I laugh every time I see this movie. My wife and children just shake their heads!

Dr. Marvin was selling his book called “Baby Steps.” The main idea of the book was to not get overwhelmed by a huge task. Break it up into small, achievable tasks and focus on getting each small task done. Soon, you will have reached your overall goal.

For Bob, just the task of getting himself back home from Dr. Marvin’s office seemed impossible. But Bob found that if he focused first on getting out of Dr. Marvin’s office, then took on the hallway, then the elevator, then the lobby, etc. each task a simple one, he could

get back home quite easily. Bob felt liberated. He wasn’t crazy anymore!

We can overcome the fear of public speaking in steps, with help from our peers. RoadToasters, the Department of Roads Toastmasters club, is hosting a Speechcrafters course. The purpose is to help non-members calm their fear of public speaking.

The sessions, which began January 8 and will end March 26 (the celebration ceremony is April 2), provide a supportive atmosphere to practice and improve communication skills. We started with four Speechcrafters and have added one more since then. All five have given their first organized public speech, called the Icebreaker. It was the first step. No one fainted or got hurt, physically or emotionally! In fact they all prepared very well and each did a respectable job.

The Toastmaster method works. It is nothing secret. Just practice and get feedback from others who want to see speakers succeed. Speechcrafters are moving on to introducing another speaker and impromptu speaking. Bob Wylie would be proud!

Some Speechcrafters have already given their second organized speech, speaking with conviction. This topic reminds me of the scene where Dr. Marvin goes on national TV to promote his book.

The TV reporter, Marie, invites Bob to join the interview after sensing his enthusiasm. This was to the tremendous chagrin of the rattled Dr. Marvin, who had worked diligently rehearsing what he wanted to say to the millions of viewers. Responding to the reporter’s first question, Dr. Marvin blurted out his rehearsed lines in a monotone voice, using big words and speaking too fast to be understood by ordinary TV listeners. It was an awkward moment, and even Dr. Marvin sensed it. So the TV reporter quickly turned to Bob and asked him about the book. Bob started with an excellent visual hook, “Marie, it’s like mashed potatoes and gravy! I was a mess before I met this great man.”

Bob went on speaking with enthusiasm and great conviction, using simple, clear words (“the dignity, the wisdom, and plain old horse sense of this man, Dr.

Marvin.”) He used gestures appropriately, for example, his fist to his heart to emphasize the effectiveness of Baby Steps. He put Dr. Marvin on the same level as Dr. Albert Schweitzer and Mother Theresa. It was hilarious, and it was a key point in the movie. It was also a good lesson in public speaking – keep it simple and speak with conviction.

Speechcrafter sessions in March are on the 12th, 19th, and 26th, all in the Highway Commission Room beginning at 12:05 p.m. You are welcome to be our guest, to come and observe. It is fun to learn from others and learn about others. It’s like mashed potatoes and gravy!

Quote of the Month

“If you wish to succeed in managing and controlling others – learn to manage and control yourself.”

William J. H. Boetcker