**Toastmaster 9-Step Plan**

1. Start with a scared to death person.

2. The scared to death person joins Toastmasters, a safe place for people who are scared to death.

3. Toastmasters forces you to do this onerous thing (give speeches).

4. Your fellow scared to death colleagues applaud when you do this onerous thing.

5. Not being very smart, when you hear the applause, you assume in your own mind that you are not quite the underdeveloped dimwit that you thought you were before.

6. Based upon your slightly enhanced positive perception of yourself, you loosen up just a tiny bit.

7. With the applause ringing in your ears, you come back and do it again.

8. They applaud again.

9. So, you loosen up a little bit more.

Repeat steps 7, 8, and 9 ten thousand times and you’ll be home free!

**Meetings**

Every Monday night (except holidays and summer and solstice breaks) at 7 p.m.

Group Health, South Building, 15th & E. John, Capitol Hill neighborhood of Seattle, South building, downstairs (follow the yellow signs).

Guests always welcome.

**Need to know more?**

Call/fax us toll-free at: 1-866-841-9134 x5998

You can e-mail us at: info@toastmasterpride.org

If you still believe in old-fashioned snail mail, the address is:

Freely Speaking Toastmasters
PMB 700
1122 E. Pike St.
Seattle, WA 98122

**What, me speak in public?**

Yes, you.

Find your voice at Freely Speaking Toastmasters

“Ten people who speak make more noise than ten thousand who are silent.”

-Napoleon
A speech is like a love affair. Any fool can start one but to end it requires considerable skill - Lord Mancroft, British politician

If you always thought of Toastmasters as a den of dark-suited business types delivering long-winded broadsides espousing capitalism, you’re in for a surprise. At Freely Speaking Toastmasters, we welcome people of all occupations, genders and ages. We especially welcome you if you are gay.

Have you ever thought of that first day out of the closet when you no longer had to hang your head low? How you felt like shouting it to the world? If only you could tell others how free you felt. If only you could stamp out ignorance with a single footstep.

Aim your foot toward Freely Speaking Toastmasters on any Monday night (except holidays) at 7 p.m. Here you can stop, look and listen. Be our guest and you'll experience a gentle tug of inspiration. You'll hear speakers from a full range of experience - some more frightened than you are. You'll laugh, you'll cry and, most importantly, you'll learn a lot about your own speaking skills.

So what's a meeting like?

Each Monday night is divided into three parts: 1 or 2 speakers, table topics and evaluation. The mood of the evening is set by the designated Toastmaster. The Toastmaster introduces guests and members who will be performing roles during the fast-paced, 90-minute meeting. Each speaker presents a speech following guidelines from one of the Toastmaster manuals with the aim of developing a specific speechmaking skill or subject expertise.

New members work from the Communication and Leadership manual, a 10-speech program that prepares speakers to become Competent Toastmasters (CTMs). Once a member completes this manual, he or she begins working from an advanced manual in search of an Advanced Toastmaster pin.

During the spring and fall, members have the opportunity to compete with Toastmasters from clubs throughout Western Washington. Compete themes are the International Speech, Humorous Speech, Table Topics and Evaluations. Members of our Freely Speaking Toastmasters club have placed well in regional competitions in recent years.

What are Table Topics?

First and foremost, Table Topics are fun. Here is your first opportunity to step in front of the podium and speak without preparation on a given topic. The Topicmaster will present an opportunity for everyone - including you, our guest - to step up and speak. While, at first glance, this may sound like less fun than a root canal, you’ll be surprised how quickly you’ll want to step in and tell that tale about the rutabaga incident in Tijuana and what happened to Aunt Emma.

What is the Evaluation all about?

The evaluation part of the evening is where we measure our growth and discover ways to improve our performance in the future.

As with each part of the program, this segment has its own leader: the General Evaluator, who calls on designated members acting as Grammarian, Timer and Speech Evaluators to help the measurement process.

The Grammarian helps us mind our P's and Q's by tracking those speechmaking fillers like “umm” and “ah.”

The Timer keeps track of the time of each speech and table topic presentation.

Speech Evaluators appraise the meeting’s main speeches and invite other members and guests to share their comments with the speaker(s).

Each of these positions gives you additional opportunity to practice your public presentation and organizational skills.

By participating in the evening's program, you overcome a bit of fear each time you step on the podium. It won’t be long before you will be not only a Competent Toastmaster, but an all-around improved human being.

At Freely Speaking Toastmasters, we have a dream. A dream that gay voices will be heard and that all of us will be able to overcome the fears and prejudice in our society.