

Well-Spoken - Gateway Cities DAC members are better and more confident speakers after taking a Toastmasters crash course in public speaking. Pictured are, *front row, from left:* Cathy Manzo, Communications Officer; Norma Carrasco, Bus Operator, Div. 2; Maria Avila, Bus Operator, Div. 1; *middle row:* Dyana Elorriaga, Mechanic, Div. 1; Rich Rogers, Gateway Cities General Manager; Frank Clarke, Buyer and past MTA Toastmaster President; David Hershenson, Community Relations Manager; Albert Hinojos, Bus Operator, Div. 1; *back row:* Michael Burke, Mechanic, Div. 1; George Youngblood, Mechanic, Div. 1; Robert Rodriguez, Bus Operator, Div. 2; Art Aguilar, Mechanic, Div. 1



Speaking Up Is Hard To Do. . .

Gateway Cities DAC Members Learn Public Speaking

By DANIELLE GROSSMAN

(Jan. 16, 2003) Martin Luther King Jr.'s *I Have A Dream*, one of the most recognized speeches of the 20th century, opened the Gateway Cities sector Division Advisory Committee members' training in public speaking. The Gateway Cities DAC, comprised of employees from Divisions 1 and 2, gives anti-graffiti presentations to schools and participates in community events representing MTA. Much of their time is volunteered.



Taking it in - Maria Avila, Albert Hinojos, Robert Rodriguez, George Youngblood, Art Aguilar, David Hershenson, Norma Carrasco, Dyana Elorriaga, George Youngblood pick up pointers listening to speaker.

Frank Clarke, a former president of the MTA Toastmasters International chapter, took the day to train DAC members, Jan. 9, on how to be better and more confident public speakers. He invited fellow MTA Toastmasters member Bill Satterfield to kick off the program with his recital of the "I Have A Dream" speech.

"One of the requests we've received during past DAC meetings was to get some assistance in presenting, so our members could be more

professional in their presentation skills," said sector Communications Manager Dave Hershenson.

Clarke discussed some of the things to be aware of when speaking publicly. Things such as material preparation, eye contact with the audience, being relaxed, creating variety in the tone and speed of your voice, and not using "umm" or "uh."

"The idea is trying to channel the nervousness into a positive force in the presentation," Clarke said.

Arturo Aguilar, a Crossroads Depot Division 2 mechanic and DAC member, believes that the training will help him when speaking to kids in the community.

"The key point for me was learning that when we're dealing with kids from grammar school all the way up to junior high school, you have to keep their attention," said Aguilar. "Kids lose their attention fast. We're learning how to keep there attention and at the same time try to get our message across."

"The training is educational, and we're all learning from it," Aguilar said. "I think we're going to go a long way with it."

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Above, Toastmaster Frank Clarke leads training session. Below, Crossroads Depot Division 2 DAC member Arturo Aguilar practices the public speaking skills he learned in the Toastmasters' training session.

