



Shellegram

Deer Park Manufacturing Complex

Thursday, January 13, 1983

Vol. 48, No. 2

Come out of your shell with Toastmasters

Are you a nervous wreck when you speak to more than three people at one time?

Would you like to feel cool as a cucumber while speaking to 100 people, or even 1,000?

There is a group here at DPMC dedicated to building this kind of confidence. It is called the Shell Toastmasters Club of Deer Park, and participants say the training helps them to communicate with others in many aspects of their lives.

The Toastmasters, who welcome new members, gather for luncheon-meetings on the first and third Tuesday of each month in a South Cafeteria conference room. They "warm up" with what they call "tabletopics." Each member has a chance to speak for two minutes off the cuff on a general subject, such as Houston's traffic, put forth just before the talks begin.

As each person speaks the other members evaluate, and at the end they vote on the best tabletopics speaker. The winner receives a trophy to keep until the next meeting.

After tabletopics come speeches of five to seven minutes. Each member might only be called on to make four to six speeches a year, so there is plenty of time for preparation.

"One of the best things about Toastmasters," says club president Tony Arbaji, "is that just about everybody who



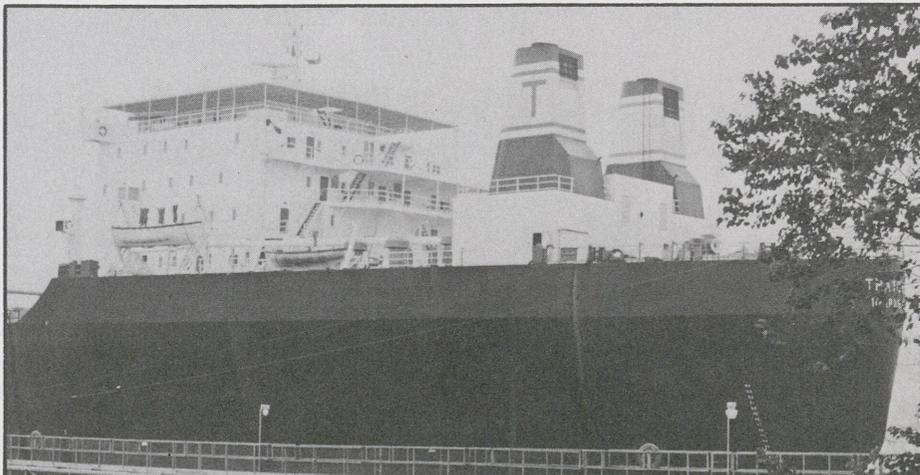
Master Host Sharon Mikesell, senior secretary, Employee Relations Administration, introduces guests at Toastmasters meeting. Standing by is Clarence Bridges, Project Engineering, recently elected governor of area Toastmasters clubs.

comes to a meeting participates and benefits."

Arbaji, an energy distribution engineer in Utilities Distribution, summarizes the various jobs that are done at a meeting in addition to making speeches. Briefly, they include master host, who introduces guests; toastmaster, who conducts the speaking portion of the program; tabletopics chairman; timekeeper; master evaluator, plus an evaluator for each speaker; grammarian; and "ah counter," who rings a bell when a speaker interrupts the flow of his speech with "ah," "um," or other sounds used to fill the void while collecting one's thoughts. (There is a five-cent fine for every "ah.")

Arbaji, whose native tongue is French, joined Toastmasters at its inception in 1977 to help overcome difficulties with the

Continued on reverse side



SECOND LARGEST — The 848-foot, 100,000-deadweight-ton tanker Triumph recently became the second largest to call at DPMC docks. Partially loaded, the Triumph brought in 476,000 bbl of Mandji crude from Gabon. The ship originally carried 692,000 bbl, but discharged 216,000 bbl to another tanker before calling here. Largest tanker to dock at DPMC was the 889-foot Mediterranean Sun, able to carry 1.2 million bbl of crude.

Toastmasters

Continued from front page

English language and improve communication skills. "I was nervous when I gave my first speech," he recalls. But, as I gave more speeches, I gained confidence, was more relaxed, and was better able to control my thinking. Now I feel that I could speak to any group, of any size, and be comfortable. I killed my nervousness."

Chris Wagner, a heat transfer engineer in the Process Engineering Utilities group, has been in Toastmasters just six months, but already sees considerable improvement. "I joined to develop public speaking abilities and to boost my confidence in dealing with people," Wagner relates. "My first speech went well, though I held onto the podium for dear life. I also benefit from the tabletops and, with the various jobs you do at a meeting, you're always speaking. It all helps."

Judy Stevens of Financial puts it this way: "Some people are born talkers, but for those of us who aren't, Toastmasters offers an opportunity to practice expressing ideas and thoughts more clearly."

Here's a chance to come out of one's shell among friendly folks working on similar problems. Remember, the first and third Tuesday of every month, South Cafeteria, from 11:30 a.m. until 12:40 p.m.

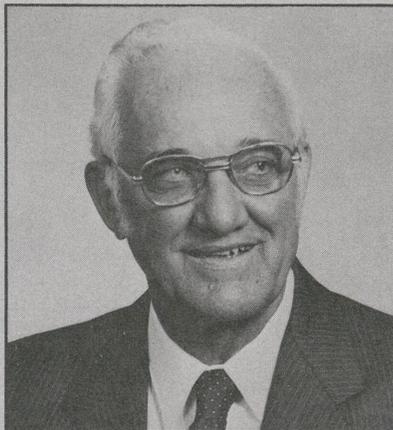
Classifieds

FOR SALE

1979 Mustang Turbo. 4 cyl. New tires and battery. Runs great. \$4,000. Telephone 485-4271 after 6 p.m.

1981 Chevrolet Monte Carlo, 2-door V-8. Auto, A/C, P/S, P/B, Cruise, AM/FM 8-track plus other extras. Clean. 19,400 miles. \$6,700 or best offer. Telephone 481-1473.

Anniversaries



C.D. Finch
Laboratory North
45 years



C.E. Beecher, Jr.
Lube B
35 years



D.R. Etie
Utilities North
30 years



C.M. Thorpe, Jr.
Environmental Operations
30 years

Home in Deer Park. Mint condition. 3-2. Corner lot with fenced yard. Garage door opener. Solar screen. Mini blinds. Wood burning fireplace. \$65,000 new loan or cash. By appointment only. Telephone 946-7541.

1978 Ford Chateau window van. Loaded. Low mileage. \$4,995. Telephone 487-0942.

Matching sofa sleeper and chair. \$100. **Console** AM/FM, stereo and 8-track. \$75. Telephone 476-9168.



Shellegram

Deer Park Manufacturing Complex

Published weekly by Shell's Deer Park Manufacturing Complex for its employees and pensioners. All inquiries should be addressed to **Shellegram**, Shell Oil Company, P.O. Box 100, Deer Park, Texas 77536.

Ben Seff - Editor