

## They have fun improving their public speaking

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QUINCY — Jokes, toasts and improvisation: Public speaking never looked so fun. Jack O'Brien and Al Buck won praise for their off-the-cuff interview of a man who had just "won" \$5 million in the lottery.

O'Brien, as the interviewer, had to tell Buck, the lottery winner, that had he had received new information that there were actually 35,000 winners of the lottery and that Buck's portion would fall to just under \$1,000.

Impromptu interviewing skills are one way Toastmasters International helps members become more comfortable in front of an audience.

Quincy Toastmasters International celebrated its 60th anniversary as a public speaking club Monday night at the Quincy Recreational Center. The local club is part of a worldwide organization with a mission to help people become more competent communicators.

"We learn a lot, and we have a lot of fun," said Mindy Millman, president of Quincy Toastmasters, which serves the South Shore.

Toastmasters Club members shared food, toasts, tips and stories about how the club has helped them be successful in their personal and work lives.

Brian Connolly of Braintree, a member of the Quincy Toastmasters for eight years, said the club has helped him move up the corporate career ladder. As Monday night's main speaker of the evening, Connolly said he has been promoted twice during the time that he has been a club member.

Connolly received the award of Competent Communicator through Toastmasters three years ago after completing 10 speeches. While each member must complete this same task, no one has completed it as quickly

as Connolly, the executive director of business development at Beth Israel Deaconess Hospital-Needham.

“I did a speech every week, which not everyone does,” said Connolly, who likes to practice his speeches in his head while on a run and never uses notes.

“It’s all about how you present yourself in order to communicate,” said Connolly.

Millman added, “The best part of the club is seeing people improve.”

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