**[EZ Speech Writers No. 14908]**

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Remarks by Prof. **Vernon Dacosta** on the occasion of the retirement of the Honorable Joseph Fredericks as head of the University of the West Indies’ *Hugh Wynter Fertility Management Unit*, presented on 1 December, 2015, at the Knutsfort Hotel, Kingston, Jamaica.

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Good afternoon ladies and gentlemen, I’m so very pleased to see that we’re all here and that most of us even made it on time! So First, let me thank all of you for coming out this afternoon for this most auspicious occasion.

Now, as you all know, yesterday was Professor Fredericks’ last day on the job as director of the Hugh Wynter Fertility Management Unit — but although this feels to many of us like going through a divorce, this is certainly no time for tears. for I can assure you that “Prof” will still be with us, and the treasure-trove of wisdom locked away in that fertile brain of his will still be available to all of us whenever we need to tap into it. So if we’re ever in need of a unique insight, a new way of looking at something, an honest critique of a new idea, joseph remains ready, willing, and able, to assist us in his new capacity as *Professor emeritus* Joseph Fredericks. like his heart, joseph’s door will remain always open.

Now, there have been, all through the history of medicine, a number of truly remarkable men and women — practitioners, researchers, theorizers, healers. from the pioneering work of Hippocrates on the characterization and treatment of thoracic empyma . . . to galen’s audacious explorations of the human brain and visual system . . . to the controversial but groundbreaking work of j. marion sims —the “father of GYNECOLOGY” — our profession has produced a veritable “who’s who” of great and courageous medical innovators.

and it is neither in hyperbole nor with the slightest degree of embarrassment that i count professor joseph fredericks among these giants.

he is, without question, one of the most unique and interesting and stimulating persons i’ve ever known. Professor Fredericks’ leadership qualities immediately became obvious when, in 1999, he took over as head of the obstetrics and GYNECOLOGY department at [name of hospital]. with his bold and innovative style, he immediately set to work restructuring the department into 4 separate firms [practice units?]— general OB/GYN; Oncology; fetomaternal medicine; and reproductive medicine. Those structural changes, along with a raft of new technologies, a number of procedural improvements, and streamlined communications protocols, helped pave the way for a major expansion in the capabilities of this unit.

but This is just one example of joseph’s progressive thinking. in [year], Professor Fredericks also introduced minimal access [minimally invasive?] surgery to the hospital’s array of advanced medical capabilities. then, in 2000, working with Professor Hugh Wynter, they organized the hospital’s first *in vitro* fertilization programme, and i think we can all be justifiably proud of these two remarkably successful initiatives, which have so positively impacted the quality of care we’re now able to provide to our community.

and i’m happy to remind those of you who might not already know this, All of joseph’s distinguished research and hard work for the people of JAMAICA and the Diaspora has not gone unnoticed nationally. last YEAR, Professor Fredericks was awarded the 5th highest national honour our country can bestow, the *Order of Jamaica*.

Professor Fredericks — through both his work, his leadership, and his tremendous ability to teach and mentor others — has left an indelible imprint on the character of this unit which has impelled its unceasing dedication to excellence. I’m truly sorry for the poor bastard who’s going to follow in his footsteps. that guy must be insane! but since i ***am*** that guy, i can only ask — as the pope did at his installation: pray for me; or if you can’t pray, just wish me well. i cannot fill joseph fredericks’ shoes, by any means. but i can at least try to follow in their footprints.

Today we’re here to thank Professor Frederick for the tremendous work he’s done for the fertility management unit, and personally, for all the help and guidance he’s given to each of us lucky enough to have known him and worked with him. but as i said before, this is not the *end* of joseph’s brilliant career, but merely the continuation of it. I have it on good authority — by which i refer, of course, to that “authority of all authorities,” *facebook* — that joseph’s next assignment has already been confirmed and that he’ll soon be serving as [add his new title/position]. and there i’m sure we’ll find him still learning, still teaching, still discovering, and still inspiring.

So Professor, The honourable Joseph Frederick, OJ: it has been a pleasure and an honour working with you. You’ve been an excellent teacher and a most excellent mentor to all of us, and from you we’ve all learned and grown greatly, both as scientists and as people. but most importantly, you’ve treated us with love and kindness and respect; and for that we are all so eternally grateful.

[raise a glass toward prof. fredericks] and so, as you start upon the next phase of your journey, from the collective hearts and souls of all the members of the fertility management unit, we wish you GOOD LUCK, God’s speed, and the lord’s richest blessings!

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**SUGGESTIONS FOR SPEAKER/PRESENTERS**

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1. ***Preparation.*** There are only five rules for presenting an effective speech, and the first three of them are: ***Rehearse, Rehearse,*** and ***Rehearse!*** Unless you really feel you need to, you don’t have to memorize your whole script, word for word. But your eyes (and, more importantly, your “inner ear”) should see/hear the words of your script ***at least five times*** before you actually give the speech. And you should try to perform *at least one or two* of your rehearsal “read-throughs” for a live audience (family, friends, work colleagues, neighbors, etc.), so that you can actually hear yourself giving your talk out loud. You’ll be absolutely *amazed* at how this “Five-Time Rule” will totally prepare you to deliver your remarks easily, fluidly, and comfortably.

4. ***Personalization.*** The one thing EZ Speech Writers *can’t* put into your speech is your own heart and soul. Your script has certain sections highlighted in yellow where you’ll need to fill in certain specifics, like names, dates, or places, and so on; and some of the highlighted sections ask you to make choices about a piece of content or the form of its expression. We’ve left these items “blank” because we didn’t have enough information on your Order Form to fill them in ourselves. But however well your script might otherwise have captured the spirit of the moment: The feeling, the sincerity, the emotion . . . in short, the ***heart and soul*** of this speech . . . must come from you.

5. ***Presentation.*** Except if your speech is political or hortatory in purpose, don’t let yourself think of it as “giving a speech” or “delivering remarks,” or anything formalistic like that at all. Just think of it, literally, as ***having a conversation*** with your friends or colleagues, at home in your living room or kitchen, in the company cafeteria, wherever. Just think of it as “talkin’,” not “speechifying!” (This comes naturally, incidentally, if you apply the “Five-Time Rule” before each and every speech you give, and this applies equally to formal, academic, scientific, and technical speeches as well.)

But one final word of caution on the topic of *Presentation*. There are two types of speakers in the world. There are fast speakers and there are slow speakers. The southern United States, for example, is known for the slow, laconic, almost “lazy” tempo of its version of English speech (which, down there, averages between 95 and 125 words per minute). On the other hand, first-time visitors to New York City are often flummoxed by the 140-165 wpm tempo at which that City’s natives speak naturally, every day, even when they‘re relaxing at Starbuck’s. The point is, slow speakers (wherever they’re from) tend to be slow listeners, too. And whereas fast listeners can put up with a slow speaker, slow listeners are a very bad audience for a fast speaker.

So the bottom line is: ***Don’t rush***. If you’re not used to speaking in public — and especially if this is your first time doing it — you’ll probably have a few jitters right before your presentation, just like 80% of *all* Americans would! But don’t let these jitters rush you through your talk “just to get it over with.” If you’ve followed the “Five-Time Rule,” then you’ve got the words down pretty well by this time. And if during practice you set your speaking pace at right around 125 words per minute, you’ll come across just fine with all audiences!

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