

Toastmasters, Inc
Presidents Club
District 14, Area 31-Club 1713
Wednesday, February 03, 2010
East Cobb Government Center, 7pm
Table Topics & International Speech Contests

AGENDA

Time:	Task:	Title:	Name:
7:00pm	Call to order	Contest Master	<i>Kumar Choudhuri</i>
7:02pm	Invocation/Pledge		<i>Kumar Choudhuri</i>
7:08pm	Rules & Format Explanation		<i>Kumar Choudhuri</i>

7:14pm

Table Topics Contest

"What is the biggest challenge facing America today?"

1 Tom Nixon:

The biggest challenge facing America today is complacency. Early generations were willing to give up everything and take a chance to provide a better life and future for their family. That willingness has fallen off and today's generation has grown complacent because they have gotten used to everything being given to them.

2 Judy Anderson:

The challenge many Americans face is the struggle to balance our lives to allow us to do the things that are right for our family and community. Everyday we have a responsibility to live our lives as fully as we can to bring justice, peace, life and love into the lives of others. If everyone can look at a challenge as an opportunity to grow spiritually and mentally and give back to others then it will help to make everyone's challenges a little more manageable.

3 Mack Miller:

Unemployment is the biggest challenge Americans are facing today. One cause of unemployment is the lack of emphasis on maintaining manufacturing in the United States. We are too quick to outsource and if we continue to outsource we face the risk of lowering the standard of living because not as many jobs will be available for younger people entering the workforce.

7:27pm

-----10 MINUTE BREAK -----

7:37pm

International Speech Contest (5-7 min.)

1 "The Sound of Music."

Lan Bercu

Lan's father, stepfather and uncle fought for Americans in the Vietnam War. In 1971 Lan's father was shot down. In 1975, after the fall of Saigon, Lan's stepfather and uncle were imprisoned in forced labor camps and the government took everything Lan's family owned. They lived simply and had only the basic needs. One day Lan and her sister followed the sound of music coming from the end of the neighborhood to a house where they found 3 men playing a guitar, a piano, and a fiddle. The girls visited the house often and were soon invited in for free lessons. The music introduced them to a world of hope and dreams. Lan and her sister could not afford instruments to practice at home so they made do with an air guitar and a keyboard drawn on a piece of cardboard. As time passed and they became more impassioned with their new found love of music Lan's sister was invited to practice on an old church organ and Lan received a passage from her stepfather who was still imprisoned. Inside the package was a guitar that her stepfather built. The body was made from the wood the fallen trees, the strings were made from old army telephone lines, the tuners were bullet casings and the frets were from the metal remains of crashed airplanes. When Lan played the guitar it was the most magical sound she had ever heard; the sound of hopes and dreams.

2 "Gratitude Makes All the Difference."

Sutham Cheurprakobkit

If you could change one thing in your life what would it be? Sutham would change the relationship he had with his mother. He admits that he was a bad son. Sutham's mother has been running a pineapple business for about 45 years to provide for her family. When Sutham was younger he would steal from his mother and do whatever he could to avoid helping her out with her work. One day, before heading back to the police academy Sutham asked his mother for some money and without even thinking about it she reached into her pocket, with her eyes closed and pulled out money to give to her son. Sutham grabbed the money and headed back to the academy where he had a long time to think about what had taken place with his mother. He realized how ungrateful he had been towards his mother who was doing everything she could to put food on the table for her 10 children. Sutham vowed to make it his goal and

purpose to make his mother proud. He accomplished his goal. He graduated from the police academy and made his mother proud. Sutham reminds us that it is never too late to show gratitude towards the ones we love.

3 "The Power of Affirmations."

Judi Rogers

Judi urges us to think about how much we enjoy being praised and the positive impact we can have on a person's life through giving praise. The teacher of the year in Los Angeles made a difference in the lives of her 5th graders by making it a point to say something positive and reaffirming to each child in her class. Kind words can bring about a metamorphosis in spirit and attitude. Judi reminds us of the story of the ugly duckling that grew up to be a beautiful swan and encourages us to look inside ourselves for the beautiful swan that is just waiting to come out. She challenges us to take our mind off ourselves and begin thinking of others; find someone close to us and start saying positive things. It will be good for us and them.

4 "This is Dedicated To."

Trae Johnson

If Trae could present an award to anyone he would present the coveted "Thank You" award to his grandmother. The new year has started off a little rocky for Trae. On January 1st he got a phone call that his grandmother was rushed to the emergency room and just a few days later she passed away. Trae looks back and remembers all of the times they spent together and the happy memories they shared. When Trae was younger he got into a little bit of trouble and would feel upset whenever he thought he had disappointed his parents. But his grandmother was always there to comfort him and let him know that things were going to be alright. Trae remembers the time he had his girlfriend in the car with his grandmother and him and his grandmother told the girl she was very pretty and asked if her hair was real. When the girl said her hair was real Trae's grandmother grabbed it to make sure she was telling the truth because she didn't want her grandson dealing with dishonest people. Trae misses his grandmother but would like to thank her for being such a big part of his life.

5 "One Earth, Our Earth."

Ernie Pollitzer

Ernie tells us that Earth and man now face each other and are asking, "Now what?" 150 to 200 years ago man was able to use Earth's resources and the waste generated did not have an effect on the Earth's ability to sustain itself. Man is completely dependent on Earth for everything we do. Everything we have created has come from the Earth. As an environmental engineer Ernie has seen many harmful things done to the Earth such as contaminated soils polluting our soils. Ernie encourages us to learn more about our resources and the responsibilities we have to our Earth. Ernie asks us to consider 3 fundamentals of Earth's environmental stewardship: recycle, reuse and reduce. The most important of the 3 is reduce; it is the one with the greatest impact. The US is the second highest consumer of the Earth's resources. The steps we take to reduce consumption can have a huge impact. One step everyone can take to reduce their consumption is to have an energy audit done to their homes. This service is often offered free through your power company. Ernie challenges everyone to think about what they can do to reduce their consumption of Earth's resources.

6 "Inner Peace; The First Step."

Susan McMullen

We all want a better life and to live the best life that we can. Susan tells us that the first step to better health is finding inner peace and she provides us 3 ways of finding inner peace:

- 1) Clear your head with deep breaths and meditation. We are all so bombarded with outside stimuli and find it difficult to stop and focus on to stop and gain focus on what needs to be done. Taking a slow deep breath floods the brain with oxygen and helps give it energy and clear the negative, stressful thoughts. Meditation helps to lower the heart rate, slow breathing and decrease stress hormones.
- 2) Notice the little things around you. We often forget to notice the little things that are important to us. Susan reminds us not to get so caught up in the busy things that happen day-to-day and take the time to stop and notice the little things that are important to us and be thankful.
- 3) Set priorities for yourself and don't worry about pleasing everyone else. Susan shared a story of the time in her life when her children were in elementary school and she was working nights on the weekends; 12 hours Saturday and 12 hours Sunday. Mondays were her day to rest but it never failed that she would get a call asking her to volunteer for only an hour or so at her kids' school. Feeling guilty, she would always say "yes" and miss out on some much needed rest. Susan, realizing how important it was, decided to make rest her top priority and would no longer feel guilty about declining to volunteer at her children's school.

Supporting Cast

Chief Judge: *Rush Netterville*

Sergeant at Arms: *Daniel Jordan*

Judges: *Lisa Goodman, Eric Holtzclaw, Casey Moore, Jodi Sheffield, Vahn Wagner*

Timers: *Rob McGoldrick, Travis Pierce*

Vote Counters: Charlene Anderson, Ilya Filvinsky, Sean Sudduth

The Evening's Winners

Table Topics *Tom Nixon*

International *Lan Bercu*

Attending Members:

Charlene Anderson, Judy Anderson, Lan Bercu, Derek Broyard, Sutham Cheurprakobkit, Kumar Choudhuri, Ilya Filvinsky, Lisa Goodman, Eric Holtzclaw, Trae Johnson, Daniel Jourdan, Rob McGoldrick, Susan McMullen, Mack Miller, Casey Moore, Rush Netterville, Tom Nixon, Travis Pierce, Ernie Pollitzer, Judi Rogers, Clemmie Scott, Jodi Sheffield, Sean Sudduth, Vahn Wagner

Guests

Stephanie Robins, Mike Wein, Geoff Frost, Meil Li, Jeremiah Lockoff Jr.