

**Toastmasters International**  
*President's Club*  
**District 14, Division D, Area 44, Club 1713**  
*Wednesday, April 21, 2010*  
**East Cobb Government Center**  
**MEETING AGENDA**

<u><b>Time:</b></u>	<u><b>Task:</b></u>	<u><b>Title:</b></u>	<u><b>Name:</b></u>
7:00 PM	Call to order	Sgt. At Arms	Susan McMullen
7:04 PM	Invocation/Pledge		Judy Anderson
7:08 PM	Business Meeting		Tom Nixon
	1) We accomplished all 10 requirements to be recognized as a Distinguished Toastmasters Club		
	2) Anyone interested in attending the District 14 Spring conference May 7th-9th in Savannah contact Tom, Les Brown will be the key note speaker.		
7:18 PM	General Meeting	Toastmaster	Charlene Anderson
7:21 PM	Introduction of Helpers		
	<b>Jokemaster</b> .....Robert Siegel	<b>Grammarian</b> ..... Vahn Wagner	
	<b>Vote Counter</b> .....Mack Miller	<b>Timer</b> .....Stephanie Robins	
	<b>"Ah" Counter</b> ..... Travis Pierce	<b>Videographer</b> .....Brian Holman	
	<u><b>Word of the Day:</b></u>		
	<i>Wanderlust:</i> strong longing for or impulse towards wandering		

7:31 PM	<b>Table Topics Master--"Reorganization"</b> 2 minutes for each response		Debbie Field
	1) <i>"What was your latest Spring cleaning project and what interesting things did you find?"</i>		Derek Broyard
	Derek works with a lot of professionals and when he thinks of reorganization downsizing comes to mind. The last reorganization project he undertook was cleaning off his desk at work which included sorting through stacks of paper and cleaning the crumbs off of his desk from his at-desk lunch hours. Reorganization means a fresh start, losing a few pounds around yourself and making yourself more productive.		
	2) <i>"What does Spring draw you towards?"</i>		Joni House
	Joni approaches reorganization with a top down approach and starts with the attic. In her attic she found 12 flying squirrels which explained the dancing over her head when she laid down at night. Once she was able to rid her attic of the squirrels she was drawn to removing everything from the attic where she discovered that all of her winter things had been altered by the plastic bins they were stored in and had shrunk in size. Sometimes she also likes to close the doors to whatever looks like a project and get out of Dodge.		
	2) <i>"What is a tip to improve my work/life balance?"</i>		Judi Rogers
	The work/life balance should be a 50-50 split but in Judi's case it is more 80-20 with the 80 more towards work. Finding balance takes a lot of time and skill so Judi doesn't bother to even out the balance. Judi has discovered that she needs to loosen up on herself.		

7:39 PM	<b>Timer's report and vote for Best Table Topics Speaker</b> ***** 7 MINUTE BREAK*****		
7:46 PM	<b>Introduction of Speakers and Speeches</b> <b>"Napoleon Complex"</b> Manual: Competent Communicator, Speech #1, Ice Breaker Time: 4-6 minutes Obj.: Begin speaking before an audience. Discover speaking skills you already have and skills that need some attention.		Charlene Anderson
	Throughout his life Geoff has been accused of suffering from a Napoleon complex or sharing the same personality of a short, cocky, hot tempered, arrogant attention whore. Despite what people may call it Geoff looks at it as a drive to be successful regardless of life situations or perceived physical limitations. Geoff does not deny that he does possess aspects of the Napoleon complex. One part of his life where the affliction stands out is in his tennis game. He started playing tennis at the age of 11 when he discovered that he was a horrible teammate who did not get along well with others on his team. He decided he would probably perform better in a sport in which he had to depend on himself to get things done. At the age of 12, standing at an intimidating 4'6" and weighing a solid 85 lbs, Geoff when out for his highschool tennis team. Before trying out for the team Geoff had never had a lesson, he didn't even own a tennis racket. The extent of his training consisted of using his father's racquetball racket to his tennisball against a wall. Needless to say the odds were stacked against him in making the team. In order to make the team, players were given a rank before tryouts, in order to move up and fill one of the team's 9 Jr varsity or 9 varsity spots, a player had to challenge and beat a player that was ranked higher than him or her. Given Geoff's level of experience he was given the rank of dead last but by the middle of the season he was ranked #1 on the varsity team.		Geoffrey Frost
	Napoleon once said, "Never interrupt your enemy when they are making a mistake." In order to be successful in tennis Geoff developed a defensive style of play in which he does whatever it takes to get keep the ball on the court and get it over the net. Defensive play minimized Geoff's weaknesses of proper ground strokes and hitting the ball with pace and placement and maximized his strengths of speed, physical fitness and a desire and will to win. During games he would often hit the ball short just to draw his opponent up to the net and then lob it over his head. Geoff was able to outlast his		Speaker #1

opponents because he successfully wore them out.

Geoff feels that the Napoleon complex and the desire to overcome has helped him not only in tennis but also in 4 years of military service and working full time while earning a degree.

### **"Take Your Shoes Off."**

Manual: Competent Communicator, Speech #2,

Time: 5-7 minutes

Obj.: Select an appropriate outline which allows listeners to easily follow and understand your speech. Make your message clear with supporting material directly contributing to that message. Use appropriate transitions when moving from one idea to another. Create a strong opening and conclusion

Sean has adopted a new running technique that is proven to reduce and prevent the risk of injury. Running is often viewed as a high impact sport that puts runners at risk of injuries to their knees, hips, ankles, and feet. Since the birth of the running shoe in the 1970s the percentage of running injuries has increased. Sean suffers from chronic knee problems from his years of running and after reading, "Born to Run," found a simple solution...run barefoot. Traditional running shoes contain lots of padding in the soles and contain technology that promote a heel to toe running style with a longer stride. In contrast, running barefoot creates a much springier and lower impact running form because rather than landing on your heel first you land on the balls of feet. Many experts argue that the barefoot running technique allows your feet to do what they are designed to do. Many shoe manufactures are beginning to develop minimalist shoes that allow runners to gain the benefits of running barefoot. Nike has designed a shoe called the Nike Free which has no heel or arch support, it is like a slipper with a rubber sole to protect the runner's feet from running surfaces. Studies have shown that barefoot running lowers the risk of joint injuries in the heels, ankles, hips and knees when compared to traditional running. Sean has personally been using the barefoot running technique for the past 6 months and has been able to increase the distance and speed of his runs and has been running pain free. Barefoot running focuses on a natural running form, allowing a runner's feet to do what they're designed to do instead of cushioning them to the point where they are doing something unnatural.

*Sean Sudduth*

Speaker #2

### **"I Had a Dream."**

Manual: Competent Communicator, Speech #4, How to Say It

Time: 5-7 minutes

Obj.: Select the right words and sentence structure to communicate your ideas clearly, accurately and vividly. Use rhetorical devices to enhance and emphasize ideas. Eliminate jargon and unnecessary words. Use correct grammar.

On May 27, 2008 Ellen suffered a catastrophic loss when one of her upcoming senior students drowned. Filled with feelings of disbelief and distress Ellen attended the Nigerian funeral ritual. As she sat in the funeral home and at the wake she remembered something her mother used to say, "Something good will come from something bad." Ellen vowed to make this happen. At the funeral the following day when Yushena, the senior's 15 year sister, was giving the eulogy Ellen's dream began to formulate; she knew she could make Yushena a great speaker. The summer flew by and on the 1st day of class Ellen wasted no time and approached Yushena and asked if she interested in joining HOSA (Health Occupations Students of America), and organization dedicated to students who are interested in healthcare of medicine. Ellen also asked Yushena if she would like to compete in the public speaking competition at the Spring Leadership Conference. Yushena declined the request to take part in the public speaking contest but she did join HOSA and a number of other organizations and clubs. Over the year Ellen came to realize that Yushena was an accomplished artist and convinced her to compete in the health poster contest at the Spring Leadership Conference. Yushena practiced and Ellen saw her dedication and determination. Yushena was very disappointed when she did not win the competition and Ellen thought her dream of one day making Yushena a great speaker was over. But, it was the following year that Yushena approached Ellen and told her that she wanted to compete in the public speaking contest at the next Spring Leadership Conference. Ellen was in disbelief and excited that her dream was viable once again. The topic of the speech was, "From Simple Scrapes to Wounded Hearts, HOSA is Where the Healing Starts." Ellen challenged Yushena to write about the hardships she and her family faced over the past 2 years. Yushena wrote a speech that was so powerful that it brought tears to the anyone's eyes who read it but when she presented it it was just a speech so Ellen challenged Yushena to convey more emotion when she presented. She practiced with dedication and determination and presented the speech to her class for the first time. Yushena spoke of the tragedy her and her family faced in the last 2 years and how such organizations as HOSA along with her teachers and advisors had helped her heal from the family tragedy. After the speech her fellow classmates, with tears in their eyes, gave Yushena a standing ovation with thunderous applause. Yushena did not win at the Spring Leadership Conference but among other things, she gained self confidence, respect from her peers, teachers and advisors, and became a very good speaker. Ellen's dream came to fruition in helping Yushena to heal and something good did come from something bad.

*Ellen Katzowitz*

Speaker #3

### **"A Report on How to Succeed."**

Manual: Advanced Communications, Speaking to Inform, Speech #4

Time: 5-7 minutes with 2-3 minutes for Q&A

Obj.: Prepare a report on a situation, event or problem of interest to the audience. Deliver sufficient factual information in your report so the audience can make valid conclusions. Answer questions from the audience.

Sutham shared with us 3 things we must do to succeed in life.

- 1) Attitude Change. If you want things to get better you have to be better. If you want things to change you have to change. Studies show that only 5% of people will succeed financially by the age of 60 because many people choose to conform rather than make a change. Attitude change effects your behavior and your behavior changes your actions.
- 2) Goal Setting. You have to set realistic goals that YOU can achieve. Do not set goals based on what others want you

*Suthan Cheurprakobkit*

Speaker #4

to be. Whatever the mind can conceive and believe the mind can achieve.

3) Self-discipline. Discipline is the bridge between your goal and what you accomplish. Self-discipline requires maturity because success is hard work and consumes a lot of time. Sutham gave an example of Wilma Rudolph, who to settle for nothing less than the Gold medal in the 1960 Olympics after falling and failing to win in the 1956 Olympics. With hard work and discipline she more than achieved her goal and won 4 Gold medals in World Record times.

Q&A

Q: What is your definition of success?

A: Success is what you attract by the person you become.

Q: Do you have a favorite Zig Ziglar quote?

A: Success is nothing more than a few simple disciplines practiced everyday.

Q: Do your goals come from within or do they come from something outside?

A: My goals for the past few years come from my family.

***Timer's report and vote for Best Speaker***

8:30 PM **Introduction of Evaluators and Evaluations**

**Evaluator for** *Geoff Frost*

**Evaluator for** *Sean Sudduth*

**Evaluator for** *Ellen Katzowitz*

**Evaluator for** *Sutham Cheurprakobkit*

***Ernie Pollitzer***  
***Kumar Choudhuri***  
***Lan Bercu***  
***Daniel Jourdan***  
***Judi Rogers***

***Timer's Report and vote for Best Evaluator***  
***Helpers' report and vote for Most Enthusiastic Helper***

8:47 PM **Meeting Evaluation**

8:58 PM Announcements and Guest Comments

Toastmaster

**Charlene Anderson**

Awards Presentations

**Evening's Best:**

*Best Speaker:* Sean Sudduth

*Best Evaluator:* D.J. & Judi Rogers

*Best Table Topics:* Joni House

*Most Enthusiastic Helper:* Vahn Wagner

9:06 PM Adjournment

Toastmaster

**Charlene Anderson**

**Attending Members:**

Charlene Anderson, Judy Anderson, Lan Bercu, Derek Broyard, Sutham Cheurprakobkit, Kumar Choudhuri, Jim Dawson, Debbie Field, Ilya Filvinsky, Geoffrey Frost, Brian Holman, Eric Holtzclaw, Joni House, Daniel Jourdan, Ellen Katzowitz, Rob McGoldrick, Susan McMullen, Mack Miller, Casey Moore, Rush Netterville, Tom Nixon, Travis Pierce, Ernie Pollitzer, Stephanie Robins, Judi Rogers, Bob Siegel, Sean Sudduth, Vahn Wagner

**Guests:**

Daniel Bretscheider, Lori Nelson, Crystal Norwood, Tony Norman, Pam Jacobson, Steve Moore, David Warren, Julian Scavenger