

Toastmasters, Inc
Presidents Club
District 14, Area 31-Club 1713
Wednesday, October 14, 2009
East Cobb Government Center, 7pm
Fears & Phobias

AGENDA

Time:	Task:	Title:	Name:
7:00pm	Call to order	Sgt at Arms	Emma Hitt
7:05pm	Invocation/Pledge		Rush Netterville
7:09pm	Toastmaster		Mark Eysted

7:11pm	Introduction of Helpers		
	Jokemaster Joni House	Grammarian Judi Rogers	
	Vote Counter Susan McMullen	Timer Judy Anderson	
	"Ah" Counter Daniel Jourdan	Videographer Debbie Field	

Word of the Day:

Onomatopoeia: Descriptive words that imitate sounds; adjectives to bring out the full flavor of words

7:24pm	Table Topics		Eric Holtzclaw
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- 1 "What treatment program would subscribe to Eric's wife to get over her fear of germs?" Lan Bercu
 Lan would suggest letting Eric's wife visit a wet market in Vietnam with very fresh meat and produce, so fresh in fact that the animals are still alive and the produce still has roots and dirt, and squat in the street and eat at one of the street vendors.

- 2 "What do you think lutraphobia is?" Theresa Spelling
 Theresa guessed that it was a fear of losing things and also finding the things you lost. More specifically, losing a sock in the wash only to have it turn up the moment you lose the other sock.
(Lutraphobia is actually the fear of otters)

- 3 "What fear or phobia do you have and how are you overcoming it?" Kumar Choudhuri
 Used to fear holding hands with a girl when he was young but is married now so has obviously overcome that fear. Kumar also fears food, that when served, still looks like it did when it was alive such as crab or lobster. He has overcome that fear by accepting it when served in a more appetizing form such as lobster dip or crab cakes.

7:33pm **-----7 MINUTE BREAK W/ CAKE TO CELEBRATE JUDY ANDERSON'S BIRTHDAY-----**

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| 7:42pm | Introduction of Speakers and Speeches | Mark Eysted |
| 1 | "This Too Shall Pass."
Manual: Competent Communicator, Speech #2, Organize your speech
Time: 5-7 min
Objectives: 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. | Ellen Katzowitz |

Ellen shared with us the tale of a magical ring, given to King Solomon, that makes sad men happy and happy men sad because of the ring's inscription which read, "This too shall pass." Ellen encourages us to cherish each moment of joy in our lives and keep our heads up during life's trials and tribulations because each moment will pass.

2 "Vanity Plates, What's in a Name?"

Charlene Anderson

Manual: Competent Communicator, Speech #3, Get to the Point

Time: 5-7 min

Objectives: Select a speech topic and determine its general and specific purpose; organize speech in a manner that best achieves those purposes; reinforce purpose with beginning, body and conclusion; project sincerity; control nervousness and strive not to use notes.

Every year Charlene spends approximately 500 hours commuting back and forth to work. To pass the time she often daydreams, listens to the radio, reads bumper stickers and vanity plates. Through her many studies and years of observation she has come to the conclusion that vanity plates can be broken down into 4 distinct categories; professions, cars, sports/hobbies, and sex. Charlene shared with us a few of her favorites such as, UUUD4444 (Use the force), 2PC ME (Urologist), and IMA BOX (found on a Honda Element). If Charlene would to choose a vanity plate she would choose either GR8 BKR (Great baker) or OFF2ROW (off to row).

3 "Personal Brand Do's and Don't's."

Ernie Pollitzer

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

Time: 5-7 min

Objectives: Select the right words and sentence structure to communicate your ideas clearly, accurately and vividly; use rhetorical devices to enhance & emphasize ideas; eliminate jargon and unnecessary words; and use correct grammar

Your personal brand is everything about you that others see and perceive about you. Ernie suggests 5 ways to improve your personal brand:

- 1) "Look outside the cubicle for ways to get things done." People decide who you are by the way you accomplish your work.
- 2) "Learn to be visible so others notice you." Social networking can play a powerful role in getting others to notice you.
- 3) "Your boss is holding your branding iron." Your boss provides the opportunity to build experience and deserves respect and good work from you.
- 4) "Know when to stick it out and when to get out."
- 5) "The curtain never comes down and the spotlight is always on." Your reputation is built by your daily behavior.

4 "Plan B."

Tom Nixon

Manual: Competent Communicator, Speech #3, Get to the Point

Time: 5-7 min

Objectives: Select a speech topic and determine its general and specific purpose; organize speech in a manner that best achieves those purposes; reinforce purpose with beginning, body and conclusion; project sincerity; control nervousness and strive not to use notes.

Tom shared with us Orson Welles's view on life; in order to be a success in life you should have a plan, know where you are and take the necessary steps to reach your goals, but if you want to do something extraordinary in your lifetime sometimes you need to throw out plan A and go with plan B. Tom shared with us his personal experience of throwing out plan A for plan B when he went a little crazy and wore jeans to a Toastmasters meeting. Plan A is about being someplace and getting to a destination, plan B is about enjoying the ride. Tom shared with us a philosophy of one of his favorite authors, Kurt Vonnegut; "We are put on Earth to fart around."

Evaluator for *Ellen Katzowitz*
Evaluator for *Charlene Anderson*
Evaluator for *Ernie Pollitzer*
Evaluator for *Tom Nixon*

Trae Johnson
Casey Moore
Vahn Wagner
Emma Hitt

8:59pm **Business Meeting & Announcements**

Tom Nixon

- 1 October Tricks and Treats party will be on October 30th, please sign up. Costumes are optional
- 2 District 14 Fall Conference will be held on Fri Oct 16th and Fri Oct 17th.
- 3 Theresa Spralling, our district governor, presented the President's Club with a plaque of appreciation for our outstanding performance over the years.

The Evening's "Bests"

Helper *Joni House*
Table Topics *Lan Bercu*
Evaluator *Trae Johnson*
Speaker *Tom Nixon*

Attending Members:

Charlene Anderson, Judy Anderson, Lan Bercu, Sutham Cheurprakobkit, Kumar Choudhuri, Mark Eysted, Debbie Field, Lisa Goodman, Emma Hitt, Eric Holtzclaw, Trae Johnson, Daniel Jourdan, Ellen Katzowitz, Susan McMullen, Casey Moore, Rush Netterville, Tom Nixon, Judi Rogers

Guests

Tina Lovret
Drew Ford
Theresa Spralling (District Governor)
Eugene Armstrong (Division Governor)
Parren Shannon (Area Governor)

