

January Meetings

January 6, 2005

Theme: **Living with Courage**

AWARDS

Best Table Topic: **Kimsey Pollard**

Best Evaluator: **Jaime Galliano**

Best Speaker: **Phil Hurd**

January 13, 2005

Theme: **I Have A Dream**

Our Word of the Day: **Exiguous** – small, scanty, meager

Do you believe we all have a dream? Sure you do. We all have a dream or dreams. Some of us have bigger, more powerful dreams than others and are able to involve others to the point of making our dreams come true. Today, our theme was and we heard many stories of famous and not so famous individuals who had a dream, what that dream was, and what/why they did to make that dream become a reality.

Table Topics relative to today's theme:

- Define the American dream.
- Who in your life has motivated you and what characteristics do they have that motivated you?
- What is your dream for America?
- What do you think Martin Luther King meant by the statement: "We must forever conduct our struggle on the high plane of dignity and discipline."
- What qualities did Dr. King have to motivate change?
- What are ways people can protest things non-violently?
- When was someone a great beacon of light in your life?

The Two-minute Techmaster given by **Sherri Banks** was devoted to:

1. Recognizing CTMs earned during the first six months of this TM year: **Jaime Galliano, Kendra Taylor, Debbie James;**
2. Discussing upcoming training sessions open to all Techmasters, and;
3. Discussing our goal of Distinguished President's Award.

A SUMMARY OF TODAY'S THREE SPEECHES: aka: ASOTTS

1. **Jaime Galliano**—"Speaking to Inform"

Four key steps in root cause analysis for problem solving; getting to the bottom of things and understanding what happened and why something happened:

An age old Chinese proverb for problem solving:

**Tell me, I forgot
Show me, I remember
Involve me, I understand**

- Look at symptoms; list manifestations of problem that you see
- Understand why root cause happened
- Start working on effective solutions
- Get to the bottom of problem

2. **Veer Mahajan**—"Getting to the Point"

Components of Exercise; Include improving your body, mind, and soul is good for physical as well as mental health. Steps for achieving this include:

- Defining fitness
- Identifying different types of exercises
- Understanding why we need to exercise
- Devising a workout program and schedule
- Steady progression

3. **Gary Hulsey**—"Show What You Mean"

"If something in your life is out of balance, you are being short changed. We have to bal-

ance family, church, work, recreation, and so on because balance is necessary to our well-being." **Gary** challenged us to do five things to have more fun and feel a whole lot better in life:

1. **Simplify** – you can't do it all, some things aren't worth doing at all. Learn to say "no" and don't feel obligated to other people, feel obligated to yourself;
2. **Be Grateful** – even when things are hectic and stressful, there is so much to be grateful for. Give thanks for your health, sun rises, birds singing, to be able to get out and walk and see;
3. **Be a Kid and Play** – take time to get down in the dirt and play with the kids, watch a movie, spend some one-on-one time with the family;
4. **Pay Attention to Yourself** – keep yourself healthy or you won't be able to cope with things that arise in our daily lives, and;
5. **Stop Procrastinating** – Our panel of evaluators sounded the same accord in their assessment of the speeches. All three evaluators recognized good speech organization, strong speech body, and good use of gestures and humor. The overall consensus echoed by the evaluators was the fact that each speaker "has come a long way" and has made "incredible improvement in the speeches he has given." We join the evaluators in this feeling and wish them all speakers today continued progress in their communication and leadership training goals.

Our visitor today, **Matt Moyer**, GTRI Research Scientist, was very impressed by how organized the meeting was run. He enjoyed the speeches and even took part in voting. He would like to continue coming to Techmasters and we would love to have him back.

AWARDS

Best Table Topic: **Debbie James**

Best Evaluator: **Pam Williamson**

Best Speaker: **Gary Hulsey**

Thought For the Day:

“If you had no problems, you would have no life. Seek not to be free of problems, but to be free of their grip on your spirit.”

—Ralph Marston

The Daily Motivator

January 20, 2005

Theme: **Responding to the Unexpected**

Someone or something also wanted to know how we respond to the unexpected by sounding a fire alarm in the middle of our newest member, Matt Moyer, giving his first Table Topics speech. This unexpected disruption did not hinder the successfulness of our meeting as we picked up where we left off and ended the meeting in high fashion.

The day’s Table Topics made us think about how we would respond in unsuspecting situations such as:

- ...you are supposed to bring chicken salad to meeting but find you have none
- ...ten children escaped a burning house but one has been left behind
- ...how do bad roads kill good drivers?
- ...join our hunger strike
- ...a driver is coming towards you head on

What would your response be to these situations, what would you do? How would you adapt to these situations? Yes, **adapt** was the Word for the Day; a verb, to make fit (as for a specific or new use or situation) often by modification—“A Table Topics participant must quickly adapt to the topic presented.”

Cathy Marks used our Toastmaster Magazine, August 2004 to give today’s Two-minute Techmaster. This issue contains a wealth of information on how to give a good evaluation. When you have some extra time, do like Cathy did and read up on how to become a more effective Evaluator. The bottom line—Thou shalt do no harm, leave speaker with ideas not scars. Never give a negative evaluation.

Our first speaker, **Terry Nolan**, spoke from the Advanced Manual, speech #2, The Entertaining Speaker. The title of his speech was Unexpected Observations. This speech called for a serious talk with the audience, which is why Terry addressed us sitting in his chair. He wanted to ask us a question, “Stuck in a rut, what do you do?” The correct response to this unexpected question ended up

being, “When things get in a rut, look at them with a new meaning.”

Next we heard from Jaime Galiano. He spoke from the Advanced Manual, Demonstrative Talk, under the title Look Up in a Tree. Jaime began with a little unexpected “P” humor that elicited laughs and giggles and ended with a flurry of questions and responses after demonstrating the self-contained, portable incontinent monitor.

Our final speaker was **Justin Costley** giving speech #4, How to Say It, entitled A Big Stick. He reminded us of Roosevelt’s words: “Tread soft and carry a big stick.” He then took us back to October 1974 and the time when the C5A Cargo Plane made the largest air drop ever done in the world. How the entire world responded to that unexpected event truly made the headlines.

The speakers listened attentively to the responses of our evaluators. They heard how Terry’s introduction built up his speech and how his great examples were truly unexpected; how Jaime gave an effective demonstration, was familiar with his product and had an optimistic ending; and how Justin delivered an interesting concept, did thorough research on his

topic, and used clear and precise language and grammar.

Thought For the Day:

“There are no secrets to success: Don’t waste time looking for them.

Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence.”

—General Colin Powell
U.S. Army Retired, Former Secretary of State

AWARDS

Best Table Topics:

Barbara Christopher

Best Evaluator:

Vishal Gupta

Best Speaker:

Justin Costley

January 27, 2005

Theme: **Motivation-What lights your fire?**

AWARDS

Best Table Topics: **Daurette Joseph**

Best Evaluator: **Gary Hulsey**

Best Speaker: **Barbara Christopher**

February Meetings

February 3, 2005

Theme: **The Big Game/Sports**

Word for the Day: **Eschew** (iss-choo) verb; avoid or abstain from. “Techmasters evaluators eschew harshness and criticism.”

The Two-minute Techmaster given by **Debbie James** was a grand challenge to all Techmasters to Volunteer often. Using past themes and speeches, she dared us to “Let There Be No More By Four!” She would like us to make a commitment to respond to confirmations sooner rather than later but by no more than four emails at the most.

This was followed by two great speeches. Speech one, entitled “3/23”, was given by **Veer Mahajan**. The objective of this speech was #5-Your Body Speaks. Veer spoke to us about Tuesday, 3-23-04 at precisely 11:30am, “A day I will always remember and never forget.” It is also a day we Techmasters will not soon forget for it was the day Veer came face to face with a fire that could have meant death for him and his seven student housemates.

Speech two was given by **LaToya Bryson**. LaToya was giving speech #4-How to Say It. The title of her speech was “Chicken, That’s for Dinner.” I can say with some amount of certainty that no one in the room had chicken for dinner that night.

After hearing about the rural Jamaican old time tradition of securing and preparing a chicken for eating, nothing more had to be said. We totally understand where the trend toward veganism may have come from.

Thought For The Day:

“Sufficient to today are the duties of today. Don’t waste life in doubts and fears; spend yourself on the work before you, well-assured that the right performance of this hour’s duties will be the best preparation for the hours or ages that follow it.”

—Emerson

AWARDS

Best Table Topics: **Matt Moyer**

Best Evaluator: **Jaime Galiano**

Best Speaker: **Veer Mahajan**

“As I celebrate my 2-year anniversary with TechMasters, I am pondering upon the things that I enjoy the most about the club. There are so many things but one thought rises to the top. Watching new members grow in their communication and public speaking skills is so exciting! Each new member that has given an Icebreaker speech has taken a step towards meeting a very personal goal. It thrills me to watch a member grow from a shaky Icebreaker to a confident speaker. You inspire me and make me want to get up and come out on each and every Thursday morning! My hat is off to you!”

—Pam Williamson

Air, Fire, Earth and Water

Always enjoy
Air to breathe,
Fire to warm up,
Water to drink,
And Earth to live.

—Submitted by Diane Roberston

My Short Story

by *Debbie James*

John felt the sweat dripping down his face. He wiped his sweaty hands on his neatly pressed slacks. He tried to speak but nothing came out. John was falling to pieces in front of his boss and the entire Accounting staff. He began thinking, “this is the end of my career. I will be fired the minute the meeting is over. Why is this happening to me?” He began to pray, “Lord help me make it through this speech.”

Suddenly, a fresh, cool breeze came from no where. John inhaled the aroma of spring flowers in bloom. Out of no where he began speaking with confidence. The presentation was a success, complete with vocal variety, visuals, and huge audience participation.

What happened to John can happen to any of us. John was having a bad dream. Now that he was awake, he still had to face the 9:00 am staff meeting at work where he would be making, for the first time, a very important presentation. But John was losing sleep for no reason. Everything was fine. For you see, John is a member of Techmasters. He has all the skills necessary to communicate effectively in any situation. And, he owes it all to Techmasters, an affiliate of Toastmasters, International. At Techmasters, John is learning leadership and communication skills every week. Skills that he can use in all facets of his personal and professional life.

If you have ever had one of John’s nightmares, there is hope for you also. Techmasters

is where you should start. Seasoned leaders and communicators will mentor you through the process of learning the skills necessary to be an effective speaker and leader. Start today and make the nightmares go away.

“My favorite speech for this time period was given by Matt Moyer at the Open House on March 28. He talked about how he is overcoming his fear of speaking and gave encouragement to others to do the same. This was an excellent speech given by the newest member of Techmasters. This speech was truly inspirational!”

—Debbie James

“My favorite table topics are ones that have a theme. One meeting that sticks to my mind is the St. Patrick’s Day theme by Techmaster, Bob Matson on March 17. I still picture Bob decked out in his bright Kelly green hat and vest. The table topic questions were informative as well as fun. They were topics we could relate to and learn from.”

—Debbie James

“I vividly remember Bob Matson decked out resplendently in his green jacket and very pliable, green hat as he Techmastered our meeting on Saint Patrick’s Day. With his voice and demeanor, he was perfect for that role on that commemorative day.”

—Gary Hulsey

“The first speech that comes to mind is Latoya Bryson’s telling about her childhood chore of slitting the throats of chickens. I really admired her openness and frankness in that speech.

Then, of course, the excellent speech, TeleVenom, by none other than the newsletter editor, Mark Baran! I thought his speech was very well organized and delivered, and my passion for the subject made it even more enjoyable.

I’ve always wondered how people find the time to watch TV (TeleVenom) with enough frequency to keep the national statistics at multiple hours per day per person. It’s mind boggling! I can’t imagine sitting for any length of time watching mindless gibberish while there are walks to take, books to read, relationships to nurture, full moons to admire, summer’s night breezes to relish, katydid symphonies to enjoy, Toastmasters speeches to write, and prayers to pray. To avid TV (TeleVenom) watchers, I have to say, “Get a life!”

—Gary Hulsey

Dance to the Wind

We limbs want to dance.
It’s been too long
since we heard music
let alone a concert.

Out of the westerly blue,
we hear soft notes.
Thrilled, our leaves tremble.
As the music surges,
they do somersaults.

Rejoicing with the melody,
we each bend and sway,
yet our whole fellowship
moves as one.
Our host glories
in our praise dance.

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Techmasters has helped me in gaining confidence not just while talking with others but also confidence in myself...it has made me articulate myself well and be more approachable person.

—Veer Mahajan

Grammarian/Lexicologist Report-April 14, 2005
by *Gary Hulsey*

Picturesque speech and use of interesting words:

“they hook into your emotions”
—Kimsey Pollard

“inherently builds”
“blew out a flip flop”
—Mark Baran

“elevator speech”
—Veer Mahajan

“screw the sucker”
—Jaime

“leaves dance in the trees”
“peals of laughter”
“the wind did the jitterbug with my hair”
—Barbara Christopher

“poor hapless coyote”
“more entry points in the control of our lives”
“the fallacy of legislative omni-competence”
“here come the swarms of legislative special interest groups”
—Justin Costley

