

Family Talk



All in the Family Toastmasters Club Newsletter July 2001
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CTM's from left to right - Rita Kaufman, Mary Rogers, Carl Mitlehner, Barbara Blakey, Shirley Crawley, Carol Patton, Cliff Taylor, and Eileen Ward.

Eight Club members received their CTM Pin from Club President Carol Patton, pictured here at our June 27th meeting. Eileen Ward and Carl Mitlehner achieved CTM status at this meeting. Eileen with her talk "Motivated for Life" and Carl's speech "We Need Your Help". Four other members, not present, also have their CTM - Barbara Hinkel, Eva Kang, Russell Sandidge, and Sam Paraguya.

Toastmasters Leadership Institute

All Toastmaster members are welcomed to attend the Toastmasters Leadership Institute training. It is free and you do not have to be an officer of our club to join in. You can attend the class or classes you want. Check out the "Elective" courses offered for evaluation and table topics.

DATE / LOCATION :

7/28/01 - Pender United Methodist Church
 08:30 A.M. Registration & Breakfast
 09:00 - 11:00 A.M. Core Officer Training. (President, VP Education, VP Membership, VP Public Relations, Sergeant at Arms, Secretary, and Treasurer.)
 11:10 - 11:30 A.M. Combined Session.
 11:45 - 12:45 P.M. Lunch (Optional - \$5.00)

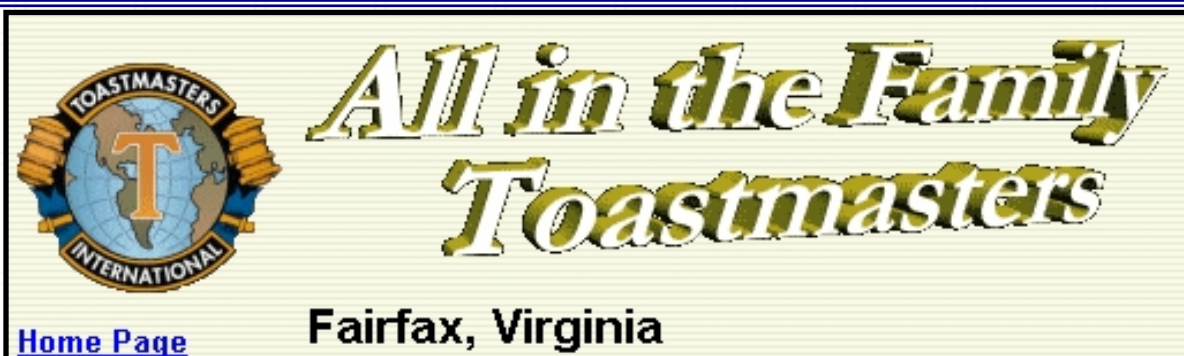
ELECTIVES:

01:00 - 03:00 P.M. Attracting New Members. (Could your club membership use a boost?)
 01:00 - 01:50 P.M. Art of Evaluation, Toastmasters of the Day, Working in Teams.
 02:00 - 03:00 P.M. Table Topics, High Performance Leadership.

Updated information at the District 27 Homepage -
www.geocities.com/Athens/Forum/6384/
 Or District 27 News Group -
www.geocities.com/Athens/Forum/6384/

~ NEW MEMBERS ~

It is always special to welcome new members into the club. It takes a lot of courage to hop into the action for the first time. New members bring new insight and ideas. All the best to our newest members – Amy Kegley, Erin Ward, Morty Sheikh, Linda Yao, Aurelia Hollis, and Clayton Fortney. And we welcome an experienced Toastmaster to our club - Shirley Crawley.



Our new Web site is up and running at the following URL www.geocities.com/allinthefamilytm/

There is data and information for all interested parties. Members who would like something added or have a special idea please share it. You can call or e-mail Rick Eshbach at (703) 830-2200 ext.459 rick.eshbach@uosa.org. Note-There is special access to information for members only. E-mail or call Rick to find out how to access the Club Roster and Schedule.

TidBits: Positive Visualization

Positive Visualization has been shown to be very effective both in creating high levels of confidence and actually improving performance. This fits with the model of the self-fulfilling prophesy which states that what we focus on and believe about ourselves tends to come true. So, if we focus on negative images and predictions, we set ourselves up for dramatically reduced confidence and lower performance levels. On the other hand, if we focus on and create resourceful images and thoughts, we create an internal state of confidence and positive predictions. This state leads to higher levels of performance and reinforces further confidence and future success.

By – Janet Esposito

www.performanceanxiety.com

All in the Family Toastmasters
Club 5646, Area 46
Division D, District 27

Club Officers 2001-2002

President **Carol E. Patton** 703-324-3050
VP Education **Russell Sandidge** 703-277-3311
VP Membership **Chris Poulson** 703-324-7342
VP Public Relations **Rick Eshbach** 703-830-2200
Treasurer **Rita Kaufman** 703- 324-3040
Secretary **Amy Kegley** 703-324-8368
Sergeant-At-Arms **Bruce McKenzie** 703-324-4933



All in the Family meets the first and third Wednesday of every month, 12:15-1:15 p.m., in the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Virginia.

Room location is posted on the television monitor in the lobby.

All in the Family is committed to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

