

# Family Talk



All in the Family Toastmasters Club Newsletter September 2001  
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## Tabletopics and Humorous Speech Contests



*Contest Master - Sam Paraguya addresses the contestants and judges at the Tabletopics Contest which was held August 29th.*

The word "fervor" was introduced to me as the word of the day by Russell Sandidge at one of my very first Toastmaster meetings. It is the best word to describe the way Morty Sheikh delivered his winning Tabletopics performance. The question to all contestants was "If you were to inspire the audience to do something, what would it be and why?" Morty used great fervor in his delivery. "... do not believe everything media tells you!" was Morty's plea. He drove his premise home with experience from his homeland and the knowledge in his heart. Morty will represent our club at the District 27 tabletopics contest. Way to go Morty!

Second Place went to Rita Kaufman and Third Place went to Courtney Eden. Other contestants were - Dorothy Davis, Linda Yao, Amy Kegley, and Rick Eshbach.

The Humorous Speech contest was held on Sept. 5th. First place was taken by me (Rick Eshbach) with the talk entitled "Menu of Changes" which focused on an embarrassing moment in tableside food preparation in the restaurant business. Dorothy Davis took second place. Linda Yao and Russell Sandidge participated as well.

Many thanks to the participants in both contests. And a special thanks to the Chief Judges volunteering from PEC Toastmasters - Art Kelly ATM-S who was Chief Judge for the Tabletopics Contest. And, Hugh Chow, CTM was Chief Judge for the Humorous Speech Contest. / Thanks Hugh... you're check is in the mail ;) Rick

### Educational Resources

The brainchild of Carol Patton - a resource of books and videos on public speaking and performing. Here is the list of books for you to borrow. We even have a video. Get together with our Sergeant-At-Arms Bruce McKenzie and sign out a book!

"Can you say a Few Words" by Joan Detz  
 "Toasts" (Plain, Spicy and Wry) by Perry E. Gresham  
 "Humor" (The Magic of Genie) by Jeanne Robertson  
 "A Treasury of Humor" by Eric W. Johnson  
 "Thinking on your Feet" by Marian K. Woodall  
 And on Video - "Standard Deviants: Public Speaking"

### All New District 27 Homepage

- as reported by Ralph Sierra,CTM, Public Relations Officer District 27

The District 27 Internet homepage <http://www.geocities.com/district27tm/> has undergone a complete makeover recently!

The new webmaster, Jeff Gordon, ably assisted by the Division F Governor, Donna Gordon, has been putting his heart and soul into making the site into one that will be truly useful to District members and anyone looking to join a club in this locality.

#### SITE CONTENT:

There are lists of all known Area and Division contests, sorted by Date and Area. Not only can this information be readily checked, it can be easily kept up to date with a form that is provided for on-line submission.

Do you find yourself responsible for putting on your contest this year, for the first time? There is a section that is chock-full of contest resources. Everything from links to where you can order supplies, to contest do's and don'ts, helpful hints, forms, and checklists.

There is a Members section to take you right to topical Area, Division, and District news. This section currently contains information on the upcoming speech contests, membership dues (start collecting them NOW), and the just concluded International Conference - plus, much more!

You'll also find a Guest section that gives visitors a general overview of how Toastmasters works, as well as information on how they can join and/or find a club. This section even has Next/Previous links to encourage them to step through all the relevant pages.

### ~ NEW MEMBERS ~

Welcome to the new members of All in the Family Toastmasters -

**Diane Pham** with the Fairfax County Park Authority and **Courtney Eden** with Fairfax County Cable Communications.

You are full of courage to take this new path. Here you will build confidence, stretch your imagination, and share the goodness of your self. Each of your fellow Toastmasters remember this first step. We honor you and extend our hand of friendship and support.

### Thanks!

At the July 25th meeting I was awarded the honor of Member of the Year. Sam Paraguya made an eloquent presentation.

I would like to thank each of my fellow members for this very sweet gesture. Toastmasters has been a very important experience for me. I am very fortunate to be a part of such a tremendous group of people. Your friendship and support have been the driving force in my struggle for confidence as a public speaker. I really enjoyed showing, with great pride, my certificate, and key chain to my wife and kids. They have seen the positive changes in my character and outlook brought about by the Toastmaster experience.

Although I did come close to getting a little choked up at the presentation, I was able to contain myself. Just for future reference - laptop computers and big screen TV sets really get me misty. ;)



Thanks again. Hugs and Kisses to my fellow toastmasters.

Rick

### Lifesaver

Carol Patton forwarded me an email from Rob Stalzer, Deputy County Executive for Fairfax County on August the 28th. Here is an excerpt from that e-mail message :

"Last week, an employee collapsed while at the fitness center weight room, located on the first floor of the Government Center. Due to the lifesaving efforts of county staff, the employee regained a pulse and blood pressure and began breathing, which allowed a safe journey to the hospital.

Staff not only called 911 and started CPR, they used an Automated External Defibrillator (AED) to analyze heart rhythm and administer an electric current shock to the heart to stop abnormal electric activity, which allowed the heart to resume normal function."

Congratulations to our lifesaver Rita Kaufman. She has always been a lifesaver at Toastmasters. Now she's a lifesaver to a husband and father. With the help of the fitness trainer Rita used her CPR and AED training to save a human life. Way to go Rita ... You done good!!



**Rita (Our Hero!)**

**TidBits: Mr. Positive**

Two of my favorite quotes from Norman Vincent Peale -

"Do not spurn God's help, for He has broad shoulders, strong arms, and wonderful ideas."

"Always you can go higher, for within yourself you are greater than you think."

All in the Family Toastmasters  
Club 5646, Area 46  
Division D, District 27  
Main Homepage- <http://www.geocities.com/allinthefamilytm/>

Members Homepage- <http://www.geocities.com/allinthefamilytm/a>

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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.

