



Family Talk

Spring
2006
Edition

Meetings every 1st and 3rd Wednesday (12:15 p.m. to 1:15 p.m) at Fairfax County Govt. Center

Mission

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

Inside this Issue

The Family Talks

Achievements

Quotes

New Members

Events

Contributions

Executives

A Title is Worth a Thousand Words

By Cliff Taylor

Recently I read a book called *You Can't Make Me Angry*. I learned that I can empower myself and that no one can make me feel anything without my consent. The author said that just remembering the name of a book can often be enough to embrace the lesson contained within it. It occurred to me that I should be mindful of how I title a speech so as to convey the single idea that ties the speech together. A title should be relevant, forceful, and it should pull in the audience.

Another book I read by seasoned public speaker Thomas Montalbo gave me several ideas about how to come up with an effective speech title. I can lift a phrase from my speech as Douglas McArthur did. In his farewell speech to Congress, he said, "I still remember the refrain of the popular barracks songs which proclaimed that old soldiers never die, they just fade away." The title became "Old Soldiers Never Die". I can utilize examples of alliteration like "Bold as Brass" or "The Power of Positive Thinking". I can incorporate rhyme as in "From Pariah to Messiah". I can use catchy key words like how, power, magic, secret, or miracle as in "How to be Happy" or "The Secret of Success". I can resort to using a question like "How Much is Enough?". I can use key words from a quotation like "Liberty or Death" or a phrase from

Shakespeare such as "Sound and Fury". Using the rule of three is always effective as in "Cadillacs, Condos, and Caviar". And lastly, a creative twist on a cliché works well, for example, instead of "Food for Thought," "Thought for Food" or instead of "Tricks of the Trade", "A Trade of Tricks".
(Cont. on page 2)

Achievements

Erin Ward 1st Place winner of the Evaluation Contest at the area level, tells us about the thrills of participation.



Erin Ward with Lynn Griesemer, Area Governer
(Cont. on page 2)

Continued from page 1- Achievements

Participating in speech and evaluation contests is one of the many fun ways to experience a new speaking challenge. I have competed in several contests now, and each time I come away more determined to try again – whether I’ve won or lost. On March 23, I represented the AITF TM Club in the evaluation portion of the Area 61 contest. It was the fourth Area 61 contest in which I have competed, my third time in the evaluation contest. (I participated in the speech contest once, too.) Additionally, I once advanced to, and competed in, the District evaluation contest. I have found that the contests are a fun and different way to spend an enjoyable evening, whether I’m competing or not. As for the March 23 contest, the good news is that I won. The bad news is that the District contest was scheduled during Spring Break, and I had plans to be out of town with my family, so I had to give up my opportunity to advance. I was disappointed not to be able to continue. I’m already planning to compete again in the fall contest to try to get that opportunity back!



Reeta Kumar 2nd place winner International Speech Contest (Area Contest), with Area Governor Lynn Griesemer



Congratulations to Linda Wozniak CTM
Rick Eshbach ATM-Bronze
Teri Harbour-Vito ATM-Bronze

The following also achieved milestones in the club:

Mindy Applegate CTM

Rose Barrie CL

Reeta Kumar CL

Continued from page 1-A Title is Worth a Thousand Words

Before arbitrarily coming up with a speech title, I should ask myself, “What am I really trying to tell the audience?” and “What’s different about my approach?” I should consider length, appeal, and relevancy. I need to remember that a title is the first contact with the audience before I speak and that it puts the speech in focus, organizes the speech, provides a refrain, and triggers other thoughts and ideas contained in the speech. A title is supposed to be short, memorable, and meaningful. It should compress what I am trying to say into a signpost-like phrase so succinct that the audience will remember my message just by remembering my title.

The Family Talks:

Why I joined Toastmasters and what it means to me.

I joined the club because I wanted to improve my speaking skills. Part of my job requires me to present Board items as part of the Blight Abatement Program. I thought Toastmasters would help me get over my nervousness and help me work on my speaking skills. I choose the “All in the Family” club because it was convenient to my work place and I figured that the government center was the place to be. Prior to joining, I called Rick Eshbach – because his name was listed on the web page. He was so nice and so into it – his friendly nature made me want to come to the first meeting and see what it was all about. The care and time Rick took to speak to me that day motivated me and after the first meeting I was hooked. Rick has continued to be there for me, answering my questions and mentoring me as I learn and grow. This is what truly makes “All in the Family” special - members that truly care about their new members and taking the time to help them. In addition to this I have met many new friends and I like the energy the club has. The “All in the Family” is a group of true professionals and they are there to learn and grow -it shows. The meetings are held to a standard, and an agenda is followed. The club is disciplined – members are respectful when others are speaking, etc. **Christina Sadat**

When you give talks, it is like giving a big gift. You need to find the right gift and package and present it the very best way you can. Usually one looks to their own life experiences to find those gifts to give. You look back on your life - the good and the bad - to find speech material. It is within this very process that I found significant growth.

I really never savored my life like this before. Now I look back and think how special

my life has been to this point, how great it is, and how great it can be. Even the bad stuff that has happened in my life has helped me to improve and be a happier person. I can also say, there is nothing like knowing where you have been, and being comfortable with it, to help you know where you want to go.

Through Toastmasters I am a different person now. Just look at me. I have lost 50 pounds. I am very proud of the fact that my nervousness is IN control and I CAN embrace an audience in comfort and joy. I’ve also made many wonderful friends. Sure I dress up in women’s clothing occasionally (just for special speeches) ... but it is all in fun. That is what has helped me hang in there. The fun! Whoever said learning had to be boring! NOT ME!
Rick Eshbach

It was always with great trepidation that I made my presentations. I felt that nervousness took away from my message. There had to be another way. I joined Toastmasters with the hope of getting over my apprehension of public speaking. I have not gotten there yet, but I am well on that journey. For me, the biggest bonus to joining Toastmasters, was to be a part of All In The Family Toastmasters. What a bunch of folks! I am always comfortable being myself in their presence - serious, or sometimes silly. It is an excellent learning environment. There is an array in the achievement and development of the membership. I find a certain level of comfort in the diversity of our club that keeps me motivated.

Our club is blessed with members who are always prepared to give of their time and talents for the benefit of the membership. If you are willing to meet the challenge of being an officer, no job will be too difficult because you can count on getting help from those who have done it before. All you have to do is ask anyone.

Although we all join Toastmasters for different reasons, there is no doubt that, the camaraderie is an enviable benefit. To all at All In The Family Toastmasters, I say, “Thank you for being a loving and nurturing family.” **Rose Barrie**

What I learned from AllintheFamily

Toastmasters:

1. I learn to stand up in front of people.
2. A story tells a lot about the world.
3. My fears are not my own, everyone feels the same.
4. You always have another person saying good job, good speech!
5. We care because you matter.

Collette Diggs

I believe toastmasters is fun time.

Members of the Toastmaster club are really proud to be part of the club where you can learn, talk, listen and relax. The club is like a ladder where you go step by step to achieve your goal. The club members are very generous. They are motivated to encourage you and provide you with opportunities like books, conferences to attend and competitions.

I learn from speaking and evaluating. All the levels are different and we can learn as much as we like. In my opinion, everybody is pushing everybody to achieve and gain valuable speech lessons. Rick Eshbach and Reeta Kumar always push me to do something. They both did a very good job to keep me in this club. Otherwise I would have left a long time ago. I am very happy to be a member of this club.

Prakash Chahal

Quotes:

“The smallest good deed is better than the grandest intention.”

--Barbara Walters

“Our lives are a sum total of the choices we have made”.

--Wayne Dyer

“Man's mind stretched to a new idea never goes back to its original dimensions”.

--Oliver Wendell Holmes

New Members:



A warm welcome to the new and returning members of the family:

Tim McClellan, Christina Sadar, Christine Kim(visitor), Keith Fredlake, Eva Kang, Diohn Benedict

(Cont. on page 5)

Events:



A social mixer organized by B2 Toastmaster Robin Patton at Rio Grande Café in Fairfax was well represented.

TM Officers express thanks:

Rose Barrie:

I would like to express my sincere thanks to all those who helped make my job easier by fulfilling your individual scheduled roles, or by stepping up to the plate and taking on roles at very short notice. Thanks to the officers who all performed their jobs admirably. A special thanks to Rick and Charles for patiently helping me out with scheduling. I couldn't have done it without you.

Sabrina Yarie:

I would like to say thank you to the membership for providing a great environment in which to grow as a speaker and a leader. The continual support and enthusiasm of the membership makes each meeting enjoyable and memorable.

Cont. from page 4-New Members



Terence Fulton

Club Officers
President: Charles Hodge
Vice President of Education: Rose Barrie
Vice President of Membership: Sabrina Yarie
Vice President of Public Relations: Reeta Kumar
Secretary: Mindy Applegate
Treasurer: Nancy Vehrs
Sergeant-at-Arm: Collette Diggs

NewsLetter Contributions:

<i>Publisher</i>	Charles Hodge
<i>Editor-in-Chief</i>	Reeta Kumar
<i>Copy Editor</i>	Nancy Vehrs

Contributors: Christina Sadar
Cliff Taylor
Collette Diggs
Erin Ward
Prakash Chahal
Rick Eshbach
Collette Diggs
Rose Barrie
Sabrina Yarie