

The Dynamo

A Dynamic Speakers Newsletter
Toastmasters International
Division 2, District 5, Area 16, Club #457



A Word from our President

By Cheryl Giustiniano

As the President of the Dynamic Speakers I'd like our meeting to continue being supportive and positive so that every member has the opportunity to develop their communication and leadership skills.

The board will provide our Toastmasters with the tools and forum to complete their goals. We want the meetings to be a highlight in your week.

Our goals for the year:

1. Conduct regular educational meetings to help members advance in their every day personal life and career.
- 1) Make the meetings fun and productive.
- 2) Improve the ability of our members to think and speak on their feet.
- 3) Improve the communication and listening skills of our members.

Our board will:

- Encourage members working on their CC manual to give a speech

every 4-6 weeks. New members should sign up immediately to give an Ice Breaker (typically about 3-4 weeks out).

- After a member has given three speeches from the CC manual the member is encouraged to consider a board position. Seeking a board position gives our members leadership experience. Board members can also invite our newer members onto a committee to help groom these members for a board position. ❖



Cheryl Giustiniano

Become a Leader

By Mark Kramer

I joined Toastmasters for one reason: To help me improve my public speaking skills. So when Paula Vandierendock stood up at an election meeting and

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"As a member of Toastmasters International and the Dynamic Speakers, I promise to attend all club meetings regularly."



Toastmasters International is a non-profit, non-partisan, non-sectarian, educational organization of Toastmaster clubs throughout the free world. Toastmasters programs provide opportunities to develop skill in listening, thinking, speaking, and leadership by participating in a series of oral communication projects, constructive evaluation, and leadership experience.

2009 Headlines



If you run out of speech ideas, turn on the news channel or visit news website around the net to find great topics:

- Obama sworn in as the nation's first black president.
- Swine flu causes fear of global pandemic, death toll rises.
- Astronauts work around the clock to repair the venerable Space Hubble Telescope.
- The Pope visits the Holy Land.
- The growth of social networking websites.

nominated me for Vice President of Education (VPE) my first reaction was "no". But with the encouragement of Bob Pickett and other club members I reluctantly agreed and was subsequently elected. The position of VPE required me to use and expand leadership skills such as organization, managing, planning, and, yes, communicating. From that first surprise nomination I took a variety of leadership roles within the club including Vice President of Public Relations, Vice President of Membership, and President. I then accepted larger leadership roles beyond the club level including Area Governor (where I advised 6 clubs and helped start a new one), Division Governor (where I advised 31 clubs), and Lieutenant Governor of Marketing (where I advised 125 clubs on building and retaining members as well as helped build 5 new clubs). Today I am serving as the District Coach/Mentor/Sponsor Chair where I coordinate and help the team that helps struggling clubs and helps build new clubs. With each new leadership role Toastmasters has taught me new skills in organization, management, planning, evaluation, coordination,

scheduling, problem solving, analysis, advising, and listening. And Toastmasters has vastly improved my self confidence.

The leadership, communication, evaluation, and listening skills Toastmasters has instilled within me helps me every day outside of Toastmasters whether at work, in organizations, or at social functions. I can see the direct impact Toastmasters has had on me in the way I deal with others, plan events, volunteer for roles, and am asked for advice. While I did not join Toastmasters to learn leadership, I have found that the leadership skills a significant and unexpected benefit from Toastmasters. I invite every Toastmaster to get involved in leadership. You may be surprised at just how much benefit you get out of it and how much others will benefit from you. ❖



Mark Kramer

Fun Table Topics

By Benjamin Le

Have you ever been a Table Topics Master? If you have or haven't, finding the right table topics questions can be a hair raising experience. The wrong table topics questions can cause Table Topics Fatigue™. This recurring phenomenon is caused by an extended table topics sessions where the questions are too easy or difficult to answer and the table topics participants gasp for things to say. It can also occur if the format fo the table topics stays the same week after week. There is a quick and easy solution to resolving this dimensional fatigue in the fabrics of table topics. It is called, "Spice up your table topics!" Your table topics do have not to be the same each week! Here are some examples that other Table Topics Master have used in the past to give you some ideas:

Silent Movie: Mark Kramer brought in an ancient Smithsonian video projector and played for us a silent movie. Every few minutes, two table topics participants would be called up to be the voice actors for the silent movie.

Childhood Smells: A recent Table Topic at our club was one of the best we've ever seen. Our member



A good speech is like a painting. First a painter decides the subject to paint, then the supplies needed, and finally transfer the thoughts down into canvas. A painter does not become an expert after painting one painting, but after many years of practice and making mistakes. This is in the same way a speaker does not become a professional speaker after one speech, but after much practice from many speeches and learning new techniques. Toastmasters is the perfect environment for you to practice any speech and get constructive feedbacks to help you on your way.

handed out small plastic containers with cotton wool soaked in a scent: dettol, perfume, etc. and asked the participants what memories this scent evoked. One member said the dettol reminded him of boot camp! A really worthwhile Table Topics and well worth a try. (Sandy Scott)

Fortune Cookies: One idea someone else suggested during a discussion from a recent officer training I attended was to have the speaker pick a fortune cookie and use the "fortune" as the topic to talk about. Afterwards the speaker can eat the cookie! (Vincent Lee)

Gift exchange: We have a kind of gift exchange. A member picks a wrapped gift from under the 'tree' (last time it was a couch), or steals one from another member. Then the member has to explain why he (she) thinks this is the most wonderful gift in the world. (John Fleming)

You Won't Believe This, But...: Each speaker is required to tell an amazing story about themselves. The members then vote for each speaker as having told the truth or not. The speaker who fooled the most people either way, wins topics. (Dave Schneider)

Magical Powers: There was a huge flash of light and a crashing sound in the backyard. When you went to investigate, you find a very hot piece of multi-colored stone in a small crater, after it cools down, you put it in your pocket and as you carry it around with you, you discover that it gives you magical powers. Describe how you came to realize that you suddenly could, see through solid objects, walk through walls,



become invisible, leap fantastic distances, make things disappear, run faster than a locomotive, hear what animals are thinking, make things levitate, wish yourself to specific locations, freeze everyone with a snap of your fingers, see into the future, make anyone tell the truth. Each person would have a different ability.

Introduce Me: We had been having trouble doing proper introductions of speakers: they were getting so boring. So I asked the Table Topics Master to make up enough topics for the entire club and write each one on a card. I did an educational session on introductions and had each person write information about herself on a card. Then the Table Topics Master handed out her table topics, and each person passed her card with her bio information to the person on her right. Then, in turn, each person introduced the person to her left and her table topic, using the cards. Everyone got a turn to give a table topic and to introduce another person.

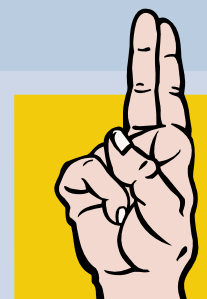
These are just a few examples of what table topics could be that would make the meeting more exciting. Most of the ideas above were taken from the online Toastmasters Wiki under Table Topics Ideas. They have over 100 exciting new table topics themes for you to try. If you need table topics ideas, head over to:

http://toastmasters.wikia.com/wiki/Table_Topics_Ideas. ❖

A Toastmasters Promise

As a member of Toastmasters International and the Dynamic Speakers Club, I promise...

- To attend all Club meetings regularly;
- To prepare all of my speeches to the best of my ability, basing them on projects in the Communication and Leadership Program manual or the Advanced Communication and Leadership Program manuals;
- To willingly prepare for and fulfill meeting assignments;
- To provide fellow members with helpful, constructive evaluations;
- To help the Club maintain the positive, friendly environment necessary for all members to learn and grow;
- To willingly serve my Club as an officer when called upon to do so;
- To treat my fellow Club members and our guests with respect and courtesy;
- To bring guests to Club meetings so they can see the benefits Toastmasters membership offers;
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs;
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities



Great Speeches

By famous speakers

Great speeches! We've heard many great speeches in our life. Your very next speech might be one that will go down into the annals of history. Consider the follow speeches by President John F. Kennedy, Reverend Martin Luther King Jr., and Abraham Lincoln. Their speeches are full of emotions, whether they are a few paragraphs to pages long. If asked, can you write and deliver a speech like they do?



"Ask not what your country can do for you"

John F. Kennedy
Inauguration Address
20 January 1961

"We observe today not a victory of party but a celebration of freedom, symbolizing an end as well as a beginning, signifying renewal as well as change for I have sworn before you and Almighty God the same solemn oath our forebears prescribed nearly a century and three-quarters ago.

The world is very different now, for man holds in his mortal hands the power to abolish all forms of human poverty and all forms of human life. And yet the same revolutionary beliefs for which our forebears fought are still at issue around the globe; the belief that the rights of man come not from the generosity of the state but from the hand of God. We dare not forget today that we are the heirs of that first revolution. Let the word go forth from this time and place, to friend and foe alike, that the torch has been passed to a new generation of Americans; born in this century,

tempered by war, disciplined by a hard and bitter peace, proud of our ancient heritage, and unwilling to witness or permit the slow undoing of those human rights to which this nation has always been committed, and to which we are committed today, at home and around the world.

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and the success of liberty. This much we pledge, and more.

To those old allies whose cultural and spiritual origins we share: we pledge the loyalty of faithful friends. United, there is little we cannot do in a host of co-operative ventures. Divided, there is little we can do, for we dare not meet a powerful challenge, at odds, and split asunder. To those new states whom we welcome to the ranks of the free: we pledge our word that one form of colonial control shall not have passed away merely to be replaced by a far more iron tyranny. We shall not always expect to find them supporting our view. But we shall always hope to find them strongly supporting their own freedom, and to remember that, in the past, those who foolishly sought power by riding the back of the tiger ended up inside. To those people in the huts and villages of half the globe struggling to break the bonds of mass misery: we pledge our best efforts to help them help themselves, for whatever period is required, not because the Communists may be doing it, not because we seek their votes, but because it is right. If a free society cannot help the many who are poor, it cannot save the few who are rich.

To our sister republics south of our border: we offer a special pledge, to convert our good words into good deeds, in a new alliance for progress, to assist free men and free governments in casting off the chains of poverty. But this peaceful revolution of hope cannot become the prey of hostile powers. Let all our neighbours know that we shall

join with them to oppose aggression or subversion anywhere in the Americas, and let every other power know that this hemisphere intends to remain the master of its own house.

To that world assembly of sovereign states: the United Nations, our last best hope in an age where the instruments of war have far outpaced the instruments of peace, we renew our pledge of support, to prevent it from becoming merely a forum for invective, to strengthen its shield of the new and the weak, and to enlarge the area in which its writ may run.

Finally, to those nations who would make themselves our adversaries, we offer not a pledge but a request: that both sides begin anew the quest for peace; before the dark powers of destruction unleashed by science engulf all humanity in planned or accidental self-destruction. We dare not tempt them with weakness. For only when our arms are sufficient beyond doubt can we be certain beyond doubt that they will never be employed. But neither can two great and powerful groups of nations take comfort from our

"We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too."

John F. Kenney
Rice University 1962



Astronaut on Moon

present course, both sides overburdened by the cost of modern weapons, both rightly alarmed by the steady spread of the deadly atom, yet both racing to alter that uncertain balance of terror that stays the hand of Mankind's final war.

So let us begin anew, remembering on both sides that civility is not a sign of weakness, and sincerity is always subject to proof. Let us never negotiate out of fear, but let us never fear to negotiate. Let both sides explore what problems unite us instead of belabouring those problems which divide us. Let both sides, for the first time, formulate serious and precise proposals for the inspection and control of arms, and bring the absolute power to destroy other nations under the absolute control of all nations. Let both sides seek to invoke the wonders of science instead of its terrors. Together let us explore the stars, conquer the deserts, eradicate disease, tap the ocean depths, and encourage the arts and commerce. Let both sides unite to heed in all corners of the earth the command of Isaiah, to "undo the heavy burdens, let the oppressed go free."

And if a beachhead of co-operation may push back the jungle of suspicion, let both sides join in creating not a new balance of power, but a new world of law, where the strong are just, and the weak secure, and the peace preserved....

All this will not be finished in the first one hundred days. Nor will it be finished in the first one thousand days, nor in the life of this administration, nor even perhaps in our lifetime on this planet. But let us begin.

In your hands, my fellow citizens, more than mine, will rest the final success or failure of our course. Since this country was founded, each generation of Americans has been summoned to give testimony to its national loyalty. The graves of young Americans who answered the call to service surround the globe. Now the trumpet summons us again... not as a call to bear arms, though arms we need, not as a call to battle... though embattled we are, but a call to bear the burden of a long twilight struggle, year in and year out, rejoicing in hope, patient in tribulation, a struggle against the common enemies of man: tyranny, poverty, disease, and war itself. Can we forge

against these enemies a grand and global alliance, North and South, East and West, that can assure a more fruitful life for all mankind? Will you join in that historic effort?

In the long history of the world, only a few generations have been granted the role of defending freedom in its hour of maximum danger; I do not shrink from this responsibility, I welcome it. I do not believe that any of us would exchange places with any other people or any other generation. The energy, the faith, the devotion which we bring to this endeavour will light our country and all who serve it, and the glow from that fire can truly light the world.

And so, my fellow Americans, ask not what your country can do for you, ask what you can do for your country. My fellow citizens of the world, ask not what America will do for you, but what together we can do for the Freedom of Man.

Finally, whether you are citizens of America or citizens of the world, ask of us here the same high standards of strength and sacrifice which we ask of you. With a good conscience our only sure reward, with history the final judge of our deeds; let us go forth to lead the land we love, asking His blessing and His help, but knowing that here on earth God's work must truly be our own." ✧



"I Have A Dream"
Martin Luther King Jr
28 August 1963



"If we are to go forward, we must go back and rediscover those precious values - that all reality hinges on moral foundations and that all reality has spiritual control."

"History will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people."

Rev. Martin Luther King Jr.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity. But one hundred years later, we must face the tragic fact that the Negro is still not free.

One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land.

So we have come here today to dramatize an appalling condition. In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a

promissory note to which every American was to fall heir.

This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness. It is obvious today that America has defaulted on this promissory note insofar as her citizens of colour are concerned.

Instead of honouring this sacred obligation, America has given the Negro people a bad check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation.

So we have come to cash this check - a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquillity in America until the Negro is granted his citizenship rights.

The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges. But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our

rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvellous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom.

We cannot walk alone. And as we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" we can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he

has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair. I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." I have a dream that one day on the red

You know them when you hear them – some speeches just make you stand up or filled you with passion. Ancient speakers such as Socrates, Plato and Aristotle mastered the use of rhetorical influence to move their readers. Mother Teresa moved millions with just a few words of wisdom. Ronald Reagan has gone down in history as "The Great Communicator." Franklin D. Roosevelt pulled together our nation at a time of immense crisis. And in Shakespeare's telling of the tale, Marc Antony turned deadly mob into a force for political change. All of these great orators used words alone to achieve their goals. They take advantages of rhetorical devices, wording, and delivery styles that made some of the best-known speeches into vehicles of dynamic influence.

This issue of the *Dynamo* contains three of history's greatest speeches and individual moments of oral communication. Study the construction and wording of these famous speeches, and learn how you can incorporate those same devices into your own presentations. Pay special attention to wording, cadence, rhythm, anecdotes, and effective use of repetition. You too can use these same techniques to make your next presentation come alive and pull people off their feet.



Quotable quotes

"Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws."

- Plato (427-347 B.C.)

"The artist is nothing without the gift, but the gift is nothing without work."

- Emile Zola (1840-1902)

"The man who does not read good books has no advantage over the man who cannot read them."

- Mark Twain (1835-1910)

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

- Mother Teresa (1910-1997)



The Gettysburg Address

Abraham Lincoln

19 November 1863

hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character. I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers. I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together. This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring." And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snow-capped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!' ✧

"Fourscore and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation or any nation so conceived and so dedicated can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field as a final resting-place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But in a larger sense, we cannot dedicate, we cannot consecrate,

Lincoln, one week before his death, had a dream of someone crying in the White House, when he found the room; he looked in and asked who had passed away. The man in the room said the President. When he looked in the coffin it was his own face he saw.



we cannot hallow this ground. The brave men, living and dead who struggled here have consecrated it far above our poor power to add or detract. The world will little note nor long remember what we say here, but it is for us the living rather to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us; that from these honoured dead we take increased devotion to that cause for which they gave the last full measure of devotion; that we here highly resolve that these dead shall not have died in vain, that this nation under God shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth." ❖



Why Toastmasters Makes Sense in a Down Economy

By Chris Elliott

"We are cutting back on unnecessary expenses."

"I am just too stressed about my job to come."

"THEY EXPECT me to be at work more, so I can't come."

What excuses have you heard the past few months from your members and potential members?

The Excuses

Excuses, we all have them. What is your excuse for not taking an hour to an hour and a half a week to improve your communication and leadership skills? Do you not have enough time, do you not have enough money, or maybe you just don't have the energy with the economy and all?

The Reality

The reality is that Toastmasters will not make you a better speaker. Toastmasters will make you a better person. It is a commitment to personal development and that scares some people. To be successful, you have to be willing to take on challenges, take risks, and reap the rewards. So you have to accept that your excuse is not time, it is not money, and it is not really energy, your excuse is that you are scared to change.

The Solution

Even if no one you will ever know what Toastmasters is all about, you are still going to go farther in life because you have been a Toastmasters member. Being in Toastmasters teaches you to

change, it teaches you to grow, and it teaches you how to be a better communicator. You might not like that, but if you are committed to taking 100% responsibility for your life and not making excuses, then Toastmasters should be an option.

Why it Makes Sense in a Down Economy

In the 1970's, Warren Buffet was buying stocks when others were predicting the end of stock markets and trying to sell out. When the stock market recovered, Buffet's riches grew, because he was doing what others weren't.

How does this relate to Toastmasters? As the people around you spend less on their education, spend less becoming better speakers, you can be spending the money now, so when the economy improves, you have the skill set to be successful. You will have the base you developed in the lean times to make an impact when times are good.

It is one of the things I find funny about training and research. When a company is doing poorly, they cut back on the one thing that will help them in better times, their people. Why should you be like most people and most companies?

You want to be more successful...right? Then don't listen to your fears, spend the time, spend the money, and make yourself a better person today so you don't have to play catch up when things improved. I am putting more into Toastmasters because I know that I am getting the experience I need now that will drive me forward faster in the future.

<http://chris-elliott.com>

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Meet Our Board of Officers

Do you know who our officers are? If not, check them out below!



VP of Education:
Bruce Erlhoff



President:
Cheryl Giustiniano



VP of Public Relations & Membership
Benjamin Le



Treasurer:
Keith Kohout



Secretary:
Mark Kramer



Greeter:
Siobhan McKenna



Sergeant at Arms:
Rick Collazo





More pictures from the 2007 Extravaganza meeting, again, courtesy of Ed Langmaid. Thanks Ed!



A group picture from the 2006 Extravaganza meeting, courtesy of Alina.





Your Hidden Talent?

To get us to know the board a little bit better, I've asked a few board members to let you know what their one special talent is that they wished to nurture; to make it shine to the world. They would have to incorporate the word of the question "paramnesia" into their answer.

Definition of "paramnesia":

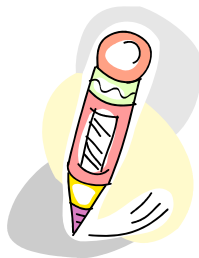
par·am·ne·sia

n.

1. A distortion of memory in which fantasy and objective experience are confused.
2. An inability to recall the meanings of common words.

Bruce Erlhoff answered:

I suppose my hidden talent is writing.



I consider myself a good writer, although it hasn't always been that way. Math and science came easy, but I flunked the college English entrance exam

and had to take remedial "bonehead" English my first year. It was hard and I hated it. But in retrospect, it was probably the most valuable thing I learned in college. I remember crumpling up pages and pages of drafts (before computers & word processors), but finally around mid-term I sweated through an essay that I knew was good. I got an "A" and the teacher used it as an example in class. That got me over the hump and the rest is history.

Writing comes very easy to me now. So easy that I take it for granted. I get really frustrated with poor writing

that I see every day at work - people making \$100K a year who can barely spell their own name or put three words together in a meaningful sentence. Sometimes I wonder if it's my own *paramnesia*, forgetting that at one time I couldn't write either. But the paradox is that most of these people are programmers, and writing is very similar to programming. Spelling & grammar are language syntax. Sentences are statements. Paragraphs are subroutines. An important element of both writing and programming is logic. An essay has a message and a program has a purpose. The mechanics are the same. So why are programmers notoriously bad writers? "Splain me dat, huh?"

Anyway, I wish speaking came as easy as writing, but that's why I joined toastmasters. Maybe someday I'll take speaking for granted also.

Mark Kramer answered:

One of my talents is known to many but is not well known outside of my relatives, close friends, and my photography club, the SD Shutterbugs. I love to shoot photos and it's common to find me with a camera on outings and events. Through the years the photos I've taken have been found not only on my walls at home and at work but also on the walls of friends and family. It may be *paramnesia* on my part, but it seems I'm frequently asked if I shoot professionally and sell my photographs. My answer has always been "no, I just enjoy shooting for fun". Recently, though, I've had a change of heart after a graphics artist saw some of my photos and suggested that they could be sold and after and a friend not only commented that it's passive income - just post them on the web and collect money - but also explained that it is "unfair" of me to withhold my photos from the rest of the world. This summer, I'll investigate making my photos available to the world. ❖



Did you know?

The Dynamic Speakers board of officers meets once a month for an hour to plan out special meetings and events, and to discuss our Distinguished Club Program goals. All members of Toastmasters are invited to stay and attend the board meeting.

Calendar for the next few months*

May

20 – Normal Meeting
27 – Normal meeting

June

03 – Election Meeting
10 – Normal, Board Meeting
17 – Normal Meeting
24 – Installation, Extravaganza

July

01 – Normal meeting
08 – Normal, Board meeting
15 – Normal Meeting
22 – Special Meeting
29 – Normal Meeting

August

05 – Normal Meeting
12 – Club Contest
19 – Normal Meeting
26 – Normal Meeting

September

02 – Special Meeting
09 – Normal Meeting
16 – Normal Meeting
23 – Normal Meeting
30 – Special Meeting

October

07 – Normal Meeting
14 – Normal Meeting
21 – Normal Meeting
28 – Special Meeting

November

04 – Normal Meeting
11 – Election Meeting
18 – No Meeting/Thanksgiving
25 – Normal Meeting

December

02 – Normal Meeting
09 – Normal Meeting
16 – Installation/Extravaganza

* Note that this is a work in progress calendar so may change after each board meeting.



Benevolence Group

By Benjamin Le

In September of 2007, Gail Lover, the then District 5 Governor, sent out an email to all of D5 Toastmasters requesting members for a new Benevolence Committee. She let us know that as Toastmasters, "We are not exempted from the trials of life."

Those who join the committee will step up to the plate and lend a hand to fellow Toastmasters in times of need. Kathy Spencer volunteered to lead the new "D5 Toastmasters Benevolence Committee" and carved it into the successful committee for District 5 during the July 2007 through June 2008 calendar. The committee consists of a small and quiet group of members, but what they do can make a world of difference to many people.

In the July 2008 through June 2009 calendar, Kathy took on the role of Area Governor and asked that I help chair the committee. With such an enthusiastic group to work with, I accepted her request. I became the D5 Benevolence Committee Chair and report directly to our current District Governor, Emily Corcoran.

Since then, we've been working to implement Emily's new recommendations, which is to expand the D5 Benevolence Committee to go a step further and coordinate assistance for those who need them. My new task includes forwarding requests for assistance to area governors; who will then pass on the requests to individual clubs in the area where assistance is needed. Our goal is to have members at the club level to actively help their fellow

Our Distinguished Club Program (DCP) Status

DCP year ends June 30, 2009:

Achieve 5 of 10 Goals* = Distinguished Club

Achieve 7 of 10 Goals* = Select Distinguished Club

Achieve 9 of 10 Goals* = President's Distinguished Club

*must also have at least 20 members

	Goal	Actual	Achieved
1. CCs	2	0	Working toward... Cheryl, Siobhan
2. Additional CCs	2	0	Working toward... Victor
3. ACs	1	1	Achieved! (Bruce)
4. Additional ACs	1	1	Achieved! (Ben)
5. CL, AL, DTM	1	1	Achieved! (Cheryl)
6. Additional CL...	1	0	Working toward... Ben
7. New Members	4	4	Achieved! (Dave, Rick, Sherri, Marianne)
8. Add... Mems...	4	4	Achieved! (Luann, Rich, Nancy, Ken)
9. Officers trained	Achieved!
a. Jun-Aug	4	6	
b. Dec-Feb	4	4	
10. Submit on time	Achieved!
a. Renewal	1	1	
b. Officers	1	1	

We have enough achievements to make it to **President's Distinguished Club**, the highest honor given to any club by Toastmasters International. Unfortunately, we are short of members. Even with all 10 goals realized, unless we have 20 or more members, all of our work are for naught.

We have roughly 6 more weeks to go, so please help us get 3 more members to reach our 20 members goal!



Toastmasters.

Each member of the committee takes on a month, in which they actively help in running the committee member. Active members are responsible for sending out cards and coordinating requests. As the chair, I direct all requests to active members and help out if needed. Currently, we have seven members on the committee.

If you are interested in becoming part of this committee, please email myself or Emily Corcoran. You can also help pass on the words of the committee to other clubs to let them know that they have a helping hand when they

are in need. Emily Corcoran created the following flyer which was passed out to all club presidents:

Fellow Toastmasters,

It is with pleasure that we introduce ourselves and our District 5 committee to you. We are the District 5 Benevolence Committee. Benevolence means performing acts of kindness and our vision is to let all Toastmasters in District 5 know they are part of a community that cares about them. Our mission is to help our fellow Toastmasters in need.

Our goals:

(1) To send cards to District 5 Toastmasters and their families in the event of a death or serious illness in their immediate family.

(2) To arrange for additional assistance, as needed. This may include:

- arranging for fellow Toastmasters to provide meals
- arranging transportation to doctor appointments
- making short visits

(3) To provide assistance during emergencies, such as the San Diego County wildfires in 2007

When you hear of a fellow toastmaster in need, please contact our committee chair, Ben Le, and provide an address and phone number for the member or member's family, as well as the name of the member's home club. Ben will notify the committee who will provide what the member needs.

Just as we support our fellow members to achieve their goals, we also support them in their time of need.

Benjamin Le
benjamin.le@baesystems.com
888-592-5523 ❖



SDShutterbugs Club...

By Benjamin Le

This is a shameless plug to get you to join the Rancho Bernardo's local photography club: SDShutterbugs.

The SDShutterbugs club was born sometimes in 2005 when I decided that we need a local photography club. In truth, one of my good friend is an avid photographer and has

been nagging me to start a community club. Not until my friend was fired from BAE System did I decided that it was time to start a photography club; more so to clear my conscience!

To start the club, I emailed my friends around BAE Systems and got help from many, including Mark Kramer. We all became the founder of the SDShutterbugs club. Together, we created a survey to find out what people were looking for in a photography club, and then come up with fun field trips and important educational sessions to teach our members.

The club members meet once every 4th Saturday for photography related field trips and on the 2nd Tuesday of each month to share pictures and learn new photography or image processing techniques.

Here are examples of places we've been to and educational topics that we've learned.

Field trips:

1. San Diego Zoo
2. San Diego Wild Animal Park
3. Seaworld
4. Shelter Island
5. Fish Creek Bed
6. Torrey Pines Reserve
7. Anza Borrego Spring
8. Old Town
9. Downtown San Diego
10. Coronado

Educational sessions:

1. History of Photography
2. Action
3. Low Light
4. Macro
5. Architecture
6. Portraits
7. Photo Restoration
8. Cloning
9. Levels
10. Histograms

The club is open to everyone in the community who has an interest in photography, whether they are an amateur or pro. For those without equipments, the club have gears for rent. The club has two levels of membership; free and premium. The premium membership costs only \$6 annually; and the fee go toward maintaining our website at:

<http://www.sdshutterbugs.com>

All the educational sessions given in the club are free, and most by professional photographers. There is no other place where you can learn so much and also have so much fun at the same time. For more information about the club, speak with Mark Kramer or Benjamin Le.

Below are some pictures from past club outings. ❖





Word of the Dynamo: **Pun**

What is a pun? According to the free online dictionary, it is a noun with the definition:

A play on words, sometimes on different senses of the same word and sometimes on the similar sense or sound of different words.

Can you spot a pun at the next meeting? Can you say some puns yourself? Here are a few to tickle your brain.

- *The roundest knight at king Arthur's round table was Sir Cumference. He acquired his size from too much pi.*
- *She was only a whisky maker, but he loved her still.*
- *No matter how much you push the envelope, it'll still be stationery.*
- *A dog gave birth to puppies near the road and was cited for littering.*
- *Two silk worms had a race. They ended up in a tie.*
- *Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here, I'll go on a head.'*
- *I wondered why the baseball kept getting bigger. Then it hit me.*
- *The man who survived mustard gas and pepper spray is now a seasoned veteran.*
- *In democracy it's your vote that counts. In feudalism it's your count that votes.* ❖

And now a joke...

By Author Unknown

Are you a person of many words or few words? Read the joke below to find out where you stand!

A man in the middle ages became fed up with humanity and decided to spend the rest of his life in a monastery. The abbot warned him that he would have to take a vow of silence and live the rest of his life as a scribe, to which the man replied, "No Problem. I'm sick of talking."

Ten years went by, and the abbot called for the man. He told him that he was a model monk and perfect scribe, and that they were very happy to have him. As per their tradition, he was allowed to say two words. Asked if he had anything to say, the man nodded and said: "Food cold."

The abbot sent him on his way. Ten years later, he was brought before the abbot again and once again told how pleased they were with his performance, and that he was again allowed two more words if he so chose. The man said: "Bed hard," and was sent back to work. Another ten years went by and again the abbot sent for the man, telling him that he was the best monk they had ever had, and that he was allowed another two words. The man nodded and said: "I quit."

To this, the abbot replied in a disgusted tone: "Doesn't surprise me. You've done nothing but complain since you got here." ❖



Two Wolves

A Native American Story

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.'

The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?'

The old Cherokee simply replied, 'The one you feed.' ❖

A Moment in Time...

On March 23, 2005, the Dynamic Speakers got together to take a lie detector test. The theme of the meeting is Truth or Consequences.

Toastmasters: Ben Le
Speaker #1: Alina Kokovska
Speaker #2: Pat Asero
Table Topics: George DiMarino
General Evaluator: Eric Ho
Evaluator #1: Rich Preston
Evaluator #2: Mark Pullis
Ah Counter: Ellen Czaika
Grammarian: Debbie Stich
Timer: Amber Kimball

Meeting snippet: Pat gave her 3rd speech and showed us pictures of her very first cruise! ❖



About the Dynamic Speakers

Club #457
Area 16
Central Division
District 5
Region 2

Here are some bits of information about our club taken from our "About Us" section of our website.

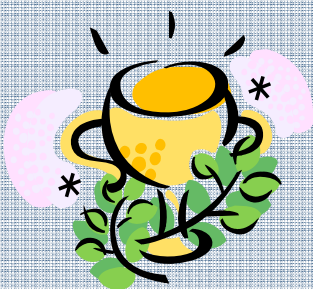
Founded on January 13, 1953 as a General Dynamics company club called Dynamic Toastmasters, the club re-established itself and opened its doors to the public on June 12, 1996, renaming itself Dynamic Speakers.

Today, BAE Systems generously hosts and supports the club. Our goals are aligned with those of Toastmasters International: To teach leadership, speaking, evaluation, and listening skills and instill confidence in our members. We provide a fun yet professional atmosphere in our meetings and activities. We work with you to achieve the goals you set for yourself and at a pace that you determine.

Our members join for many reasons including:

- * improving public speaking
- * learning meeting skills
- * increasing listening skills
- * mastering evaluation skills
- * developing leadership skills
- * enhancing organizational skills
- * boosting self confidence
- * meeting new people
- * socializing

We are proud of the achievements of our members and our club. Dynamic Speakers and its members continually receive recognition for excellence at all levels.



To Do List...

One tip from highly successful people is to write down the 10 things you plan to do today, then go out and do them. Don't procrastinate. The list below should get you started.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

- 7) _____

- 8) _____

- 9) _____

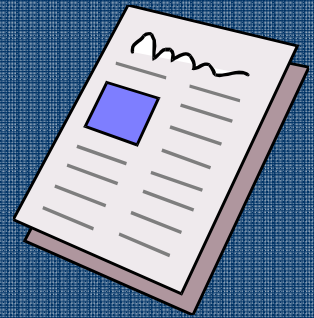
- 10) _____

- (Bonus) _____

About the Dynamo

The Dynamo is a monthly Dynamic Speakers Newsletter that was started by Mark Kramer back in the happy days. Chris, then Ed continued publishing issues of the Dynamo the past few years. Ben Le now propels it forward with this current issue.

If you would like to help with the next issue of the Dynamo or have articles or ideas for us to add, please email Ben Le, our VP of Public Relations.



Questions?
Comments?
Suggestions?
Complaints?

We would
love to hear
from you!

Our web presence

Have you visit our website lately? In the distance past, Mark Kramer created our website. The baton was then passed over to Chris DiLeo, who redesigned the site. Dave Johnson and Mark Kramer then spent months updating all the contents of the site.

Our website contains a wealth of information on Toastmasters in general, the description of all the different functionary roles, our current list of officers and their duties, and templates for all parts of a Toastmasters meeting. If you haven't visit our website lately, maybe now is the time to take a look.

<http://www.geocities.com/dynamicspeaker>