



Speak to Win!

ART OF SPEAKING TOASTMASTERS CLUB—MONTHLY NEWSLETTER

Developing Personal Resilience

— Rao Nelakanti

The topic of my speech# 4 is resilience. I will describe what resilience is, how resilient people behave and finally how to develop personal resilience.

What is resilience? In material science, resilience is defined as the ability of a body to regain its original state after being deformed by stress.

Let's take the example of a spring. You press it and its shape will change. After you release the pressure, it will come back to its normal shape. This capability to regain its original state is resilience.

In the context of human behavior, resilience is the ability to recover from or adjust easily to misfortune or change.

How do resilient people behave?

Resilient people cope effectively with stress and uncertainty, they bounce back from physical and psychological stress, they absorb high levels of change and remain effective, they adjust to disruptions in life and, they maintain high levels of productivity.

Improve personal resilience by learning from role models:

Think of a few people whom you admire for the way they have handled difficult situations in their lives. Write down the characteristics and behaviors of these people. Then analyze these behaviors and characteristics in the.....



(Continued on page 6)

Editor Talk

It is my pleasure to release the October/November 2009 club newsletter. You will notice a few changes in this newsletter - including a new look and feel. Except for 2 articles, the rest are speeches delivered by our club members.

Congratulations to Toastmasters International for celebrating its 85th anniversary this year. It was a humble beginning 85 years ago and now have 250K+ members worldwide reaping the benefits from the spirit of Toastmasters. You can check a few vintage pictures on Page 4.

Page 3 is dedicated to Hollis Donaldson for defining a new Toastmasters Mantra. Don't forget to recite it before your speech.

A big thank you to Heath Suddleson for providing us with a very thought-provoking article on how Toastmasters clubs provide essential training in management of businesses by the structure of the leadership positions.

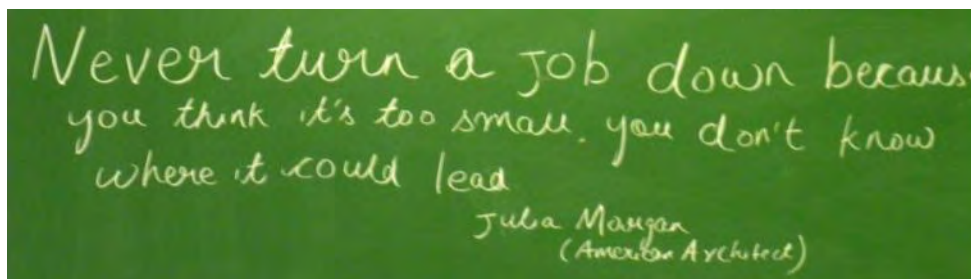
I would like to thank all of the members who extended their support through contributions, suggestions and more. I hope you enjoy this edition, and send in your valuable comments. Special thanks to Fred Eng, Rao Nelakanti and Promod Subbarao for proofreading; and Moon Wong and Rahul Rathi for meeting pictures.

The joy of brightening other lives, bearing each others' burdens, easing others' loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the Holidays. I wish you and your family a very Happy Holidays!

- Kumar Kolaganti



I am a Toastmaster and I am Fearless!



"Thought of the Day" - 11/21/2009 - Meenu Mohindroo

Toastmasters Mantra
– by *Hollis Donaldson*



I am a Toastmaster and I am Fearless!
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I am a Toastmaster and I am Fearless!

Come & join us on alternate Saturdays from
10am to 12pm at the Edison Public Library

Art of Speaking Toastmasters club

www.artofspeakingclub.org

officers@artofspeakingclub.org

Toastmasters 85th Anniversary

Photo Courtesy: www.toastmasters.org



1. In 1949, members attending the 18th annual Toastmasters International Convention in St. Louis, Missouri, enjoy the Hi-Jinks Luncheon.
2. In 1955, the city of Santa Ana named a junior high school in Smedley's honor.
3. Dr. Smedley and his wife, Frances.
4. In the 1950s, Dr. Smedley tends to correspondence in his office on 8th Street in Santa Ana.

The Art of Listening by Stephanie Tsao

The art of speaking involves the art of listening.

Listening is the act of paying attention to sound. Lakshmeesh Seegehalli, an Edison resident and member since 2008, advised: "Speaking and listening go hand in hand. For example, if speech is interactive with an audience or if an audience asks a question during your speech, listening and understanding the question correctly is very important."

Listening also helps develop conversations and start relationships. Chuck Burg, a new member to Art of Speaking, mentioned, "Listening is so important because it allows you to understand what other people need or what you can do for them."

Listening, however, is not the most common reason why members and guests join Toastmasters. A frequent reason is improving one's public speaking skills, to overcome a fear of speaking: the fearful image of one up on a stage pitted against a large audience. **Let's remember that Toastmasters is also about projecting, vocal variety, tone, and listening.** Your ear needs work as much as your mouth. Aside from the speakers who need to listen carefully to their own speeches, some roles are entirely dedicated to listening. The Ah-Counter each week has delegated his/her ears to discerning the ahs, ums, ands, and other crutch words hiding among our speeches. His/her ears need some relaxing music to help them recover after the—you know—amount of speeches to—um—digest.

Listening goes beyond catching our crutch words.

Hetal Patel, from Lawrenceville NJ and a member since May 2009, points out, "I believe good listening skills are equally important to communication skills. ...I believe Toastmasters helps you refine your listening skills because we are in an environment where we must listen to others to improve ourselves. In addition, being evaluators also engages your listening skills."

Evaluators, like Ah-Counters, are roles that sharpen one's listening skills. Each meeting Evaluators critique speeches, listening for different components depending on the speech type. In Speech 2 of the Competent Communicator track, "Organizing Your Speech," does the speaker have a clear opening, body, and conclusion? For Speech 3, "Get to the Point," does the speech have a clear purpose? Speech 4 "How You Say It" and Speech 6 "Vocal Variety" pressure the Evaluator to listen more deeply and identify hypothetical questions, rhetorical devices, vivid words, syntax and whether changing volume, pitch, pauses or other aspects of voice can enhance a speech. "[While] I try to improve my speaking ability, I am paying closer attention to the way other people speak e.g. pauses, inflections," explains Pramod Subbarao, resident of Piscataway, NJ and a member since September 2009.

Outside of these roles, members and guests have shared more ideas on how Toastmasters has helped their listening abilities.

Moon Wong tells, "As a new member, I try to pay close attention, so I can either learn some things from the speaker to help me improve my speaking skills or to provide feedback. For instance, I had a

habit of not finishing my sentences when talking with my children

because my mind would be somewhere else very fast. My daughter would remind me, "Dad, finish your sentence!" I'm now more in the 'present' when I'm with my children. It also helps me become more of an active listener, so that in job interviews I give better answers and ask better questions.

"I think that toastmasters does enhance the listening process," says Hollis Donaldson who resides in New Brunswick but has been a member since April 2009, "because it isn't conversation that we're engaged in. When people are engaged in conversation they tend to want to give input into the conversation, depending on what the conversation is all about."



The Art of Speaking and Toastmasters, in general, focus on public speaking but they improve skills both on and off stage. On stage the club and public speaking forces one to listen to one's own speech and tailor it to an audience. Off stage, the club promotes members, evaluators, Ah-Counters, and guests to listen to each speech carefully. Indeed the art of speaking would not be as fruitful without listening to support its art.

*Developing Personal Resilience - Rao Nelakanti
(Continued from page 1)*

situation to find which of these helped in handling the situation effectively. These are the characteristics to be developed in order to improve personal resilience. For example, I considered one troubled situation my parents faced and recovered from and analyzed it. At that time my parents worked hard. They were helped by some friends and relatives and my mother sold some of her jewelry. Hard work always pays if done in the right context. Friends and relatives helped because my parents explored the resources and reached out for help. Selling jewelry is a sacrifice. From this I can say that hard work, exploring resources for help and sacrifice helped them in recovering from their troubled times.

Improve personal resilience from your own experiences:

Take a minute to reflect on your past. Think about some stressful situations you handled effectively. For example, your flight is canceled at the last moment when you have to attend an important meeting on the west coast. Remember the experience and note down the characteristics and behaviors that helped. Also think what other actions could have helped you. Try to develop those characteristics.

Personal resilience helps us in recovering from difficult situations. This can be improved by learning from role models and from our own experiences. Some of the people who exhibited resilience are Abraham Lincoln, Steve Jobs and Randy Pausch. Abraham Lincoln lost two sons, yet still he successfully led America. Steve Jobs continues as a successful CEO in spite of facing some complex health problems. Randy Pausch (1960-2008), is famous for the lecture entitled "The Last Lecture: Really Achieving Your Childhood Dreams". Even after he was diagnosed with a terminal case of pancreatic cancer, instead of going into reclusion he spent his time for advocating federal funds for pancreatic cancer research and delivering inspiring speeches.



If you don't know where you are going, any road will get you there.
- *Lewis Carroll*

Courage is the discovery that you may not win, and trying when you know you can lose.
- *Tom Krause*

The greatest barrier to success is the fear of failure.
- *Sven Goran Eriksson*

A great leader's courage to fulfill his vision comes from passion, not position.
- *John Maxwell*

Success means having the courage, the determination, and the will to become the person you believe you were meant to be.
- *George Sheehan*

AoS officers for 2009-2010

- President: Fred Eng, CC
- VP, Education: Nancie Garcia
- VP, Membership: <open>
- VP, Public Relations: Kumar Kolaganti, ACB, ALB
- Treasurer: Vanaja Sivakumar
- Secretary: Laxmi Samantara
- Sergeant-At-Arms: Hollis Donaldson
- Past-President: Hitender Mittal CC, ALB

Improving and extending the quality of our life

– Mark Ibrahim

Spending quality time with friends and family-

Relationships, better yet, healthy meaningful relationships are key in keeping your life expectancy maximized as well as meaningful. I once heard a story of an old couple who were in their 70's when the husband passed away after years of poor health. His wife, who was just a few years younger; passed away a few days later although she was in good health for her age. Some speculate she died of a broken heart.

Improve your life expectancy with a commitment to daily exercise.

A study showed that people who exercise vigorously for around 3 hours a week had DNA and cells that were much healthier than non-exercisers. Three hours a week is a little less than 30 minutes a day. The other reason I feel that daily exercise is important, is that daily exercise will help improve your sleep and your energy level. It will also contribute to a much higher and healthier quality of life, especially when living in time of extreme toxicity from processed foods, technological devices, external wave signals, air pollution and high stress levels.

Floss daily. The fact that flossing daily can extend life expectancy falls in the weird-but-true category. In fact, floss does two things: it prevents gum disease (that's rather obvious), and it prevents heart disease (not so obvious). Preventing both of these together is what adds years to your life. Here's how flossing improves life expectancy: When you floss, you help prevent your gums from becoming inflamed. That's a good thing. What is happening when your gums are inflamed is that you have a chronic bacterial infection in your mouth. This harms your arteries through two mechanisms: the bacteria find their way in to your arteries and hang out (causing plaques), and your body mounts an immune response to the bacteria in your mouth, causing inflammation (which in turn can cause your arteries to narrow). This makes it hard for your heart to do its job and can lead to heart disease.

Eat like a vegetarian. Life expectancy can be linked to three factors that vegetarians excel at: fewer bad fats, more antioxidants and lower weight. Before we go in to how being a vegetarian can help your life expectancy, though, we have to define what we mean by vegetarian. However don't become a junk food vegan who lives off highly caloric dairy foods such as ice cream and pizza. That doesn't help you. The leading cause of death and the number one shortener of life expectancy in U.S is heart disease. As your heart ages, there can be a build of gunk in your arteries and your arteries themselves can harden. This causes your blood pressure to

rise and your heart to work harder, leaving you at risk for heart disease. Vegetarians (whole foods vegetarians) have some of the best arteries around because eating healthy vegetables avoids bad fats and other unhealthy foods. I am personally not a vegetarian but believe in its ability, I just love meat too much (LOL). But buy natural organic foods whenever possible, to avoid pesticides, hormone therapy, and parasites that are commonly found in store bought meats.

Spend relaxed time in meditation in stead of stressing -

Stress can be defined as any type of change that causes physical, emotional or psychological strain. With more exposure to chronic stress, however, more serious health problems may develop. These stress-influenced conditions include, but are not limited to: depression, diabetes, hair loss, heart disease, hyperthyroidism, obesity, obsessive-compulsive or anxiety disorder, tooth and gum disease, ulcers and cancer.

In fact, it's been estimated that as many as 90% of doctor's visits are for symptoms that are at least partially stress-related

Meditation and blocking out your normal thought pattern is the best and quickest way to de-stress, since stress usually comes from how we perceive an event that has happened to us or someone else we love. To be clear, this doesn't mean you have to sit in a corner and chant ohms although many people find these mantras to be quite soothing and beneficial. For me relaxation is just spending time alone and not distracted and stressed. But its not sitting on a couch and watching a movie either. It's allowing your mind to roam freely, and be in silence for a few minutes a day. The key to meditating properly is to be sitting in a comfortable place, being still and silent and focusing on breathing.

Turn off the TV already! Why?? Watching TV makes you inactive. You just sit there burning as few calories as possible, which could lead to weight problems.

- TV makes you eat more junk food. People who are watching TV eat more than those who don't. It's a fact.
- TV is stressful. The news and many shows are filled with stressful stories. Avoid these, and you may feel things are not so bad after all.
- TV keeps you from doing other things. This is the big one for me. The average person watches something

(Continued on page 9)

Success or failure is never final -what is important is how we take it

by *Vikram Polavarapu*

Today, I would like to talk about the events of life that sometimes decide the future course in life. We have been raised in a way- educated, mannered, hardworking & thoughtful, to deal with life in the modern world. As we move on we develop some aspirations and interests that we would like to pursue in life, say, like to be somebody, do something or reach somewhere. Someone wants to be a race driver, someone wants to be a model, someone wants to be teacher, etc. Everyone has aspirations. Some people fulfill their aspirations, some do not; some aspirations are attainable, some are not; some aspirations are short term, some are long term. Some people give up their aspirations and some stay on with them for years.

Sometimes these aspirations or the outcome of your attempt to live with them define your attitude towards life. It may be that you achieve them and go for the next, Or it may be that you failed and moved on leaving them or it may be that you failed and moved on still having them in the back of your mind and waiting for the right time. Everyone is at different stages with their aspirations and interests. Sometimes you have current priorities and duties such as children, work, home, etc. Each aspiration or a venture can be a success or failure. It is not important that you succeed or fail, what is important is how you take it be whatever it is and how you move forward. You may have to improve even if you are successful for the next time. A success or failure in life is never final.

Life is a sequence of events, you can control some of them, others you cannot. Hence whatever happens to you is not final, be it a success or failure. All are events. You move from one to another. Success happens when you are prepared well when opportunity arrives and failure happens when you are unprepared or under prepared when the opportunity comes. If it is totally out of your control what do you do? Even if you are successful, you need to keep working to sustain success, same with failure. When faced with failure take a break saddle up and come back again. You have an average life expectancy of 70 years. **You have time to be successful in many things. Do not let failures cause you any distress or disappointment, they are just unprepared stepping stones.** What is important is going from failure to success and failure to failure without the lack of enthusiasm. They teach you more than successes does. So do keep working. Take for example, Michael Jackson & John McCain. Michael Jackson was the greatest on-stage performer in the last two and half decades. He had a ton of personal problems, but still he came back for a final album, though unfortunately he could not complete that. John McCain was a POW for 5 years. He was a contender for the GOP presidential nomination in 2000 which he lost to Bush, but he came back after 8 years as still the top contender at the age of 70. It is a different issue that he did not win the presidential election. He had the enthusiasm to comeback. A few failures did not deter him. In spite of all of his losses he is more successful in life than most others. Hence my friends, there is no absolute success or failure, nothing is final other than an unfortunate accident. Hence you should live as if success or failure is not always forever. Success and failure in life are not final, what is important is how we take them and our enthusiasm to take on with life.



“Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is why great spiritual giants are produced.”

- Swami Vivekananda

(Continued from page 7)

like four hours of TV every day. That is 28 hours a week or more than 1,400 hours a year. If we all just put that time in to something else (exercise, volunteering, talking with our children), think of what a different world it would be.

Set real goals and achieve them: When your life has purpose and meaning it pushes you to go out and get what you want from life. We start hearing this question from an early age "So what do you want to be in life"? I want to be president? Well there can only be one every four years, it's the most critically judged position on the planet, and they usually only make things worse. The fact is most people never became what they dreamed of, but that doesn't mean that you should stop dreaming or rather striving for who you want to become.

Setting small daily goals with consistency will lead you to major goals that you can be proud of and brag about like living in a foreign country, traveling all over the world, making the nationals deans list, obtaining a masters degree from one of the nations top schools, working for Fortune 100 companies, having a wonderful family, friends, and co-workers, and owning an S500 Mercedes and at 27 I can honestly say it feels pretty good.

Welcome Aboard

New Members since Oct 2009

- ◆ Mohammed Padela
- ◆ Praful Gupta
- ◆ Saurabh Agrawal
- ◆ Daniel Cioi
- ◆ Sunil Mohite
- ◆ Xi Xiao

Know your Fellow Toastmaster:

Name: Hetal Patel

The most rewarding aspect of my life is ... being the most dependable person in my friends' and family's life. It is a great feeling that everyone you are close to knows they can count on you for anything. This also happens to be the most frustrating part of my life!

The most unusual job I've ever held is ... Hmm... I did audition for and get the major part in a "Bollywood crossover" movie. Unfortunately, the funding never came through and the "director" was a nut job, otherwise, I could be living it up in Hollywood or Mumbai right now.



My immediate family includes ... my parents. Yup, an only child.. no comments!

I am inspired by ...people who think they can change the world, and actually do it, even if it is in their own small way.

Most people don't know that I really enjoy ...watching Indian TV shows with my parents, even the ridiculous ones with terrible acting.

What is my objective of joining Toastmasters and what kind of a speaker I see myself a year from now...my objective is to be a better impromptu communicator. I hope within the next year, I can do an articulate Table Topics without hyperventilating and speed-talking. It should seem like I was prepared with the answer. And it will also last more than 30 seconds!

Checklist For Success Series - Leadership Structure

by Heath Suddleson, DTM, International Director 2009-2011

Our founder, Dr. Ralph Smedley, understood that Toastmasters clubs could provide essential training in management of businesses by the structure of the leadership positions. We provide valuable training and experience in a safe environment that can be directly transferred back to the world of business. To better understand how the structure of club and district officer positions can help you master leadership skills, let's take a look at some comparisons.



Toastmasters Officer	Business Equivalent	Common Responsibilities and Missions
Club Offices		
President	Chief Executive Officer	Overall responsibility for quality and management of business/club. Sets the leadership style and manages the team.
VP Education	Human Resources Manager	Responsible for employee/member development and learning. Develops plans and programs to meet objectives.
VP Membership	Marketing Manager	Responsible for market/customer development, satisfaction, and retention. Solicits feedback then develops plans and programs to meet objectives.
VP Public Relations	Public Relations Officer	Develops the PR strategy to promote the business/club to current and potential customers/members.
Secretary	Company Secretary	Maintains all business/club correspondence, records, and data. Responsible for updating and maintaining current membership lists.
Treasurer	Comptroller / CFO	Sets financial strategies for the business/club to ensure viable operation. Provides accurate reporting of projected income and expenses. Recommends funding strategies, and is responsible for accounts receivable and accounts payable. Depending on membership, collections strategies are often developed.
Sergeant At Arms	Facilities Manager	Maintains all business/club properties, orders supplies, and ensures access to necessary meeting space and equipment.

District Offices		
District Governor	Chief Executive Officer	Though similar to the Club President, this position is responsible for a much larger organization. At this level the CEO recruits many of his/her direct reporting positions and recruits the front line managers of the organization. The annual budget at this level can be over US\$100,000 and there is a requirement to provide audits and reports to a regulatory agency (Toastmasters International WHQ)
Lt. Governor Education and Training	Chief Training Officer Executive Level Position	Responsible for developing and providing training for large numbers of employees/members as well as tracking/reporting their progress. Responsible for large scale training conferences held twice each year. Tracks individual employee/member accomplishments with respect to educational and leadership development.
Lt. Governor Marketing	Chief Marketing Manager Executive Level Position	Responsible for growth of the business/district not just in number of employees/members, but also in growing the number of offices/clubs. Retention of employees/members is a key issue of this position.
Division Governor	Middle Management/ Regional Manager	Responsible for managing 4-6 individual front line managers/area managers. Conflict resolution skills are developed as are the skills in motivating staff to work toward the business/club goals. Must ensure that information passes quickly and accurately between the front line managers and the executive officers.
Area Governor	Front Line Manager/ Area Manager	Acts as a liaison between 4-6 business/club locations and middle management. Must assist local management/club officers with their goals and ensure additional resources are provided when necessary. Communicates effectively with middle management and executive management to convey exceptional performance or issues of concern.

November 7, 2009 - Art of Speaking Toastmasters Club Meeting Minutes by Laxmi Samantara, Secretary

Fred Eng opened the meeting welcoming everybody to the East Brunswick Public library. Hollis Donaldson was the Toastmaster of the day (TOTD). Hollis presented Art of Speaking club Mantra with his own unique style; "I am a Toastmaster and I am FEARLESS". His creativity continued with one minute of laughter and everybody in the meeting room was holding their stomach with a full laughter session of more than a minute.

Toastmaster Hitender Mittal provided the Word-of-the-Day, "Obfuscate", eschew obfuscation, espouse elucidation, it means confused, unclear. Geeta Kersellius provided the Thought-of-the-Day, which she has been hearing from her father "Give a man fish, you feed him for a day. Teach him how to fish, you feed him for a lifetime." The meeting had a full agenda of five prepared speeches - that included one interesting Ice-breaker and four well-delivered prepared speeches including two advanced speeches on interesting, informative and thought provoking topics.

TM Chuck Burg, a new member, gave his Ice Breaker speech titled "How I Became an IT Professional". He talked about his experience of watching his favorite TV shows with a remote control in the time period when the remote controls were very new in the market. He talked about his journey of becoming an IT professional starting with his first job at Kmart. He has a son named Daniel and a dog. He concluded his speech with a strong quote "you do not know what tomorrow brings, today truly is a gift". TM Nelakanti Rao evaluated the speech.

TM Surya Avasta gave his CC# 3 speech on "How do I treat you". He talked about different rules such as; the golden rule: "treat others the way you want to be treated", the silver rule: "do not treat others if you do not want to be treated that way" and the new platinum rule: "treat others the way they want to be treated". He also talked about four different types of personalities: director, socializer, thinker, and relator. He concluded his speech by suggesting; first understand the people and treat them accordingly. TM Fred Eng evaluated his thought provoking speech.

TM Nelakanti Rao gave his CC# 5 speech on "Decision Making - Choosing Between Options". He talked about different assets that every human being has. Mind

(thinking and analyzing capability), body (physical part, also sense based assets), relationship based assets (relationships with family, friends, relatives and colleagues, neighbors etc), career/position based (job and position you hold) and economic based assets. He presented about making a decision based on your priority with very interesting examples. Hitender put his speech nicely as "we are CEO of our own life". TM Dirk French evaluated the speech.

TM Saikat Maitra gave his last ACB speech. He talked about Political Freedom (how America is a free country) and Psychological freedom, the ultimate freedom of humans. Between stimulus and response lies our freedom of choice. TM Fred Eng evaluated his speech.

TM Fred Eng also gave his ACB . He gave the speech which he will present to high school teachers for approval of financial management course for high school students. He talked about the importance of financial management in day-to-day life with lots of statistics on finances and specifically paying of credit card bills. TM Hitender Mittal evaluated the speech.

Table Topics was hosted by TM Hetal Patel. Hetal had an interesting concept for the guests and members to pick from a list of celebrities and professions and talk about how the chosen celebrity can excel at the chosen profession. We heard funny stories from Dirk, Surya, Chuck, Saikat, Prasanna, Chris, Hollis, and Mohammed.

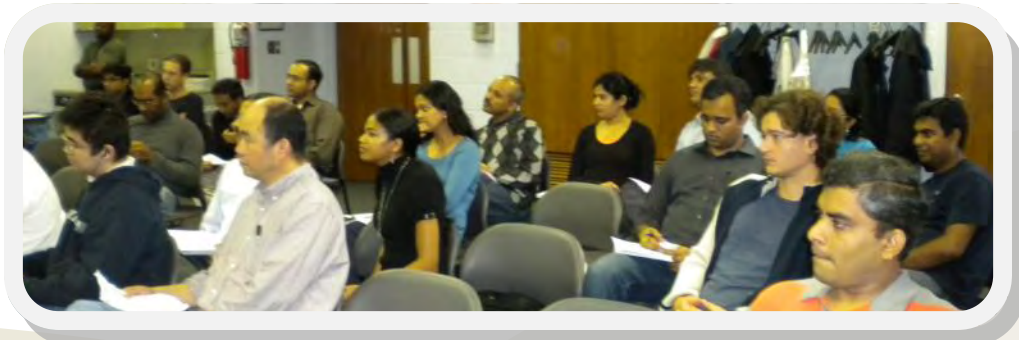
The General Evaluation segment was hosted by TM Hitender Mittal. He gave an overall evaluation of the meeting and the speakers. For each prepared speech that was delivered, he called upon the timer Moon Wong, Grammarian Dirk French and invited individual Evaluators.

TM Prasanna Jayapalan served as the Ballot Counter and President Fred Eng announced the best speakers and best table topic speaker. The best speakers and the best table topic speaker was Chuck Burg. Saikat Maitra was congratulated for completing his final speech on advanced series.

"What I've discovered in my own life is that I see more of what I look for. Clarity precedes mastery (big idea there) and the more clearly I look for what I want, the more powerfully I generate that result in my life."

- Robin Sharma in "The Monk Who Sold His Ferrari"

Table Topics Session during October 24, 2009 meeting



November 21, 2009 - Art of Speaking Toastmasters Club Meeting Minutes by Laxmi Samantara, Secretary

Fred Eng opened the meeting by welcoming members and guests on a beautiful morning. Fred introduced the Toastmaster of the day (TOTD) Hitender Mittal. Hitender laid out the agenda and explained how the meeting runs.

Toastmaster Nelakanti Rao provided the Word-of-the-Day, Gregarious, Sociable, outgoing, extrovert. Meenu Mohindroo provided the Thought-of-the-Day "Never turn down a job because you think it is too small. You do not know where it could lead."
- Julia Morgan, American architect

The meeting hall was packed with members and guests eager to feast on exciting speeches by talented speakers at various levels in their journey at AoS:

TM Sherry Cui gave her CC# 2 speech on a "Trip to Antarctica". After hearing from a couple who visited to Antarctica for their honeymoon, she was very inspired by their trip to Antarctica. She saw the pictures and did lot of research on Antarctica. She presented a lot of information on Antarctica. The temperature is -98F. In the winter it is permanently dark. A treaty was also signed. Only scientific research can be done and only visitors are allowed. Since there are no people living there, it is the cleanest place. November to March is best time to visit Antarctica and you can travel by cruise. She concluded her speech by saying hopefully one of us will be inspired by her speech and would visit Antarctica. TM Vanaja Sivakumar evaluated her well researched speech.

TM Prasanna Jayapalan also gave his CC# 2 speech on "Meditation". He walked us through the process of meditation and presented the advantages of meditation. The more you meditate the more you are aware of yourself. With the help of self awareness you will know your strengths and weaknesses and how to take care of it. Which in turn helps you professionally and personally. TM Stephanie Tsao evaluated the speech.

TM Hollis Donaldson gave his CC# 3 speech on "How I Made Three Goals Easy to Achieve". He explained the procedure that he carefully followed in his daily routine life to achieve his three goals. They are (1) practicing

certain habits in his left hand as the left hand is related to right brain which in turn correlates to creativity. (2) Learning typing in the left hand. (3) Learning how to play the Trumpet. His speech reflected his dedication to learn something new within his working schedule. TM Meenu Mohindroo evaluated his well prepared speech.

TM Vikram Polavarapu gave his CC# 4 speech on "My Ordeal with the Dentist". He presented his experience of his visit to his dentist. He visited different dentists from India, England and New York. He was very surprised after hearing about his dental bill from a New York dentist office which was \$2000. Then he called his insurance company and came to know that he was supposed to pay only \$800.00. He called back his dentist's office and discussed about confirming with his insurance company. His dental office told him oh they were going to return \$1200.00. We all should learn something from his experience. TM Hitender Mittal evaluated his speech.

TM Anand Raj gave his CC speech on "I Can Show You What You Want to Be". He talked about how destiny is led by your decision. Know your destiny long before so that you can target your next steps to get to your destiny. TM Fred Eng evaluated the speech.

Table Topics was hosted by TM Hollis Donaldson. Hollis had an interesting concept for the guests and members to pick from a list of animals and behave as if these animals had just entered the human world. We heard funny stories from Stephanie Wong, Kumar, Moon, Stephanie Tso, Hitender, Vikram and Hollis.

The General Evaluation segment was hosted by TM Nelakanti Rao. He gave an over all evaluation of the meeting and the speakers. For each prepared speech that was delivered, he called upon the timer Sherry Cui, Grammarian Moon Wong and invited individual Evaluators.

TM Vikram Polavarapu served as the Ballot Counter and President Fred Eng announced the best speakers and best table topic speaker. The best Speaker and the best table topic speaker were Hollis L Donaldson and Stephanie Wong.

"It's not what happens to you that determines how far you will go in life ;it is how you handle what happens to you."

- Zig Ziglar

11-21-2009 Meeting pictures!!!

