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24 January 2001



# The Edge



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**BNL Toastmasters, Club 8069, District 46**  
**Meetings are held the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 5:30 PM**  
**Biology Building 463, Brookhaven National Laboratory, Upton, NY 11973**  
<http://www.bnl.gov/bera/activities/toastmstrs/default.htm>

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## Upcoming Events

Tues January 29 5:30 SPECIAL BONUS MEETING  
Tues February 5 5:30 Meeting  
Tues February 19 5:30 Meeting & Speech Contest

Theme: Games  
Theme: Red, White & Blue  
Theme: George Washington

## Officers 2001-02

**President:**  
Margaret Foster

**VP Education:**  
Nancy Manning

**VP Membership &  
VP Public Relations:**  
Margaret Conover

**Secretary:**  
Amy Halsted

**Treasurer:**  
Ronnie Evans

**Sergeant at Arms:**  
Beth Lin

**Newsletter Editors:**  
Amy Halsted  
Nancy Manning

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

## 15 January Meeting

Our 15 January meeting theme was All Things New. Nancy was presiding officer and Amy was Toastmaster of the day. Throughout the meeting Amy offered observations on things in our culture that we call "new" whether they are or not: the new moon, the new testament, the new world, and so forth. Nand was jokemaster and he treated us to a little mildly adult humor. Mari offered an unusual word of the day: palindrome, in honor of 2002, our new palindromic year. She gave an example of a palindromic sentence: A man, a plan, a canal, Panama. Nancy presented Table Topics. Her questions were about new projects, new ideas, new laws and our reactions and plans for them.

Nand spoke first in the speech portion of the meeting. He had three very useful points to observe in interacting and working with other people, especially those of different cultures and generations. The first was to manage your own mind, and be aware of unconscious prejudgements, incorrect assumptions and stereotypes that can effect interactions with colleagues. His second point was to manage your words. Words can hurt, despite the "sticks and stones" adage, and the meaning of words changes over time. The wrong word can turn a well meaning comment into an stinging offense. Finally, he advised that we watch our non-verbal communication. We know from our Toastmasters work that at least half of communication is non-verbal. It's easy to give the wrong message by our actions and physical attitudes. Nand's overheads slides emphasized and clarified his points.

Benny spoke next and his speech was entitled Appreciating the Ludicrous. He fulfilled

the 8<sup>th</sup> speech assignment in the basic manual, Add Impact to Your Speech. He used a series of political cartoons to illustrate the irrationality that surfaced in our reactions to the events of last fall. Normal restraint and a clear-headed assessment of risk were hard to come by during that difficult period. Benny demonstrated the value of political cartoons as a mechanism to allow us to see ourselves and laugh at ourselves.

Bill was the third speaker, and carried out the Show What you Mean assignment in the basic manual. Bill's enthusiasm and sincerity were evident in his presentation of the planning notebook he uses to organize his life on a daily, monthly and annual basis. The book's different sections and features are useful for keeping track of goals and accomplishments as well as simple recording of events and data and appointments. He distributed xeroxed pages from his book and passed around the book itself so we could see how it works for him and could work for us too.

Margaret Conover was general evaluator. She invited the evaluators: Bill for Nand, Nancy for Benny and Benny for Bill to present their assessments and then she gave her own impressions of the conduct of the meeting. Bill gave the ah counters report and Ronnie the timers report. Margaret gave the podium back to Amy and Nancy announced the winner of the Bullthrower award for best Table Topics response. As presiding officer, Nancy closed the meeting.



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BNL Toastmasters Club Web site:  
[www.bnl.gov/bera/activities/toastmstrs/default.htm](http://www.bnl.gov/bera/activities/toastmstrs/default.htm)

***BNL Toastmasters Regular Meeting Schedule***

Date	January 29	February 5	February 19 Speech Contest
Theme	Games	Red, White & Blue	George Washington
TMOD	Ronnie		
Joke			
Word	Bill		
Timer			
Ah counter	Amy		
Grammarian			
Table Topics	Mari	Margaret F.	
Speech #1	Bill	Mari	
#2	Benny	Nancy	
#3	Amy	Nand	
#4	Margaret F.		
#5			
General Eval.		Amy	Nand
Evaluator #1	Beth		
#2			
#3	Nancy		
#4			
#5			
Quiz Master			
Absent			

**Speech Contest:** Our club's International Speech and Evaluation Contest will be on Feb. 19. Please sign up to compete! More details at our next meeting.

**January 29:** A small portion of the meeting will be devoted to Officers Training. Beth Lin will lead a panel discussion featuring Club officers detailing their responsibilities.

**Jan. 22 Noon Meeting:** Six members were present and joined by Liz Seubert, editor of the BNL Bulletin. She will be writing an article about our Club for an upcoming issue. Liz gave us a glimpse of what she goes through weekly to publish this 4-page newspaper. Mari, dressed in an authentic kimono with heirloom obi, introduced us to Japanese culture, focusing on this traditional form of dress. Nand was TMOD, Ronnie evaluated Mari. Thank you Beth for the delicious cake!

**Important Notice:** For security reasons, BNL's front gate requires photo ID for entrance to the site. The gate will be given the names of all off-site members and expected guests several days prior to each meeting. If you wish to bring a guest with you, please notify Nancy or Beth by 2 days prior to the meeting.

***Members' Progress Report***

Member	Speeches completed	Achievements
Pat A.	10	ATM-B
Susan C.	5	
Margaret C.	8	
Bill D.	4	
Ronnie E.	3	DTM
Margaret F.	2	DTM
Mario F.		
Anthony G.		
Amy H.	5	CTM
Benny H.	8	
Barbara K.		
Doug K.		
Beth L.	9	ATM-G
Frank M.		ATM-B
Nancy M.	6	ATM-B
Nand N.	6	ATM-G
Mari R.	3	