



# Soaring Eagles Toastmasters Club

Vol. III, Issue 1 – July 2005 Newsletter

Soaring Eagles Toastmasters Club (#9647)  
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## MISSION

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.

[www.geocities.com/eagles\\_toastmaster/](http://www.geocities.com/eagles_toastmaster/)

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## WELCOME

Welcome to the beginning of a new Toastmasters fiscal year. As we enter the FY'05-'06 year, we greet a new leadership team. Special thanks go to the previous team leaders that are returning to the club as active members: Mike Duerksen (President) and Tim Germer (Sgt. at Arms). Renee, Seth and Walter are remaining on the leadership team with Renee moving from V.P. of Membership to the President.

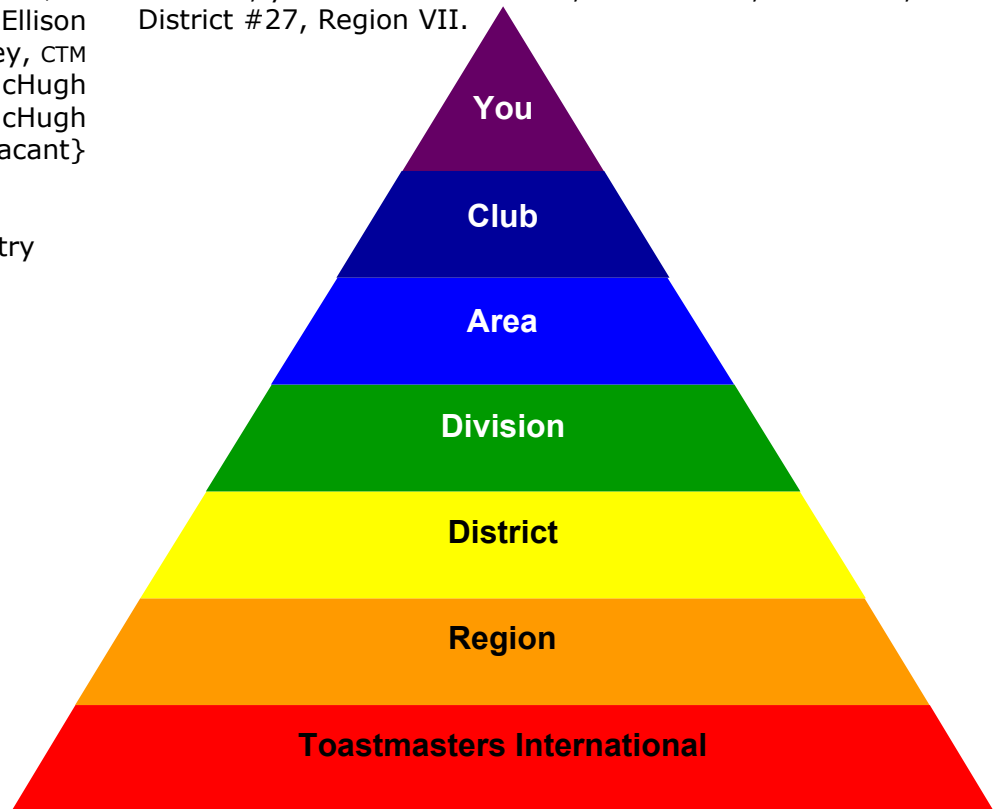
A warm welcome is also extended to our newest club members: Ms. Wauleah Ellison, Mr. Reiner Castillo and Mr. Randy McHugh. All have jumped in with both feet and are already involved in the club's activities. If you are interested in visiting our club, we'd love to have you.

## CLUB LEADERSHIP

President ..... Renee Cantave, ATM-B  
VP Education ..... Seth Cowand, CTM, CL  
VP Membership ..... Wauleah Ellison  
VP Public Relations .. Walter Kelley, CTM  
Secretary ..... Randy McHugh  
Treasurer ..... Randy McHugh  
Sergeant-at-Arms ..... {vacant}

## WHERE AM I?

How do you fit into Toastmasters? Well, as a Soaring Eagle member, you are in Club #9647, in Area #23, Division B, District #27, Region VII.



## CALENDAR

Please mark your calendars and try to attend the following activities:



13 Jul (SKY7: 1W38)  
Club Meeting  
1200-1300



23 Jul (\*See website)  
Toastmasters Training  
0900-1300



27 Jul (SKY7: 1W38)  
Club Meeting  
1200-1300



10 Aug (SKY7: 1W38)  
Club Meeting  
1200-1300



20 Aug (\*See website)  
Toastmasters Training  
0900-1300

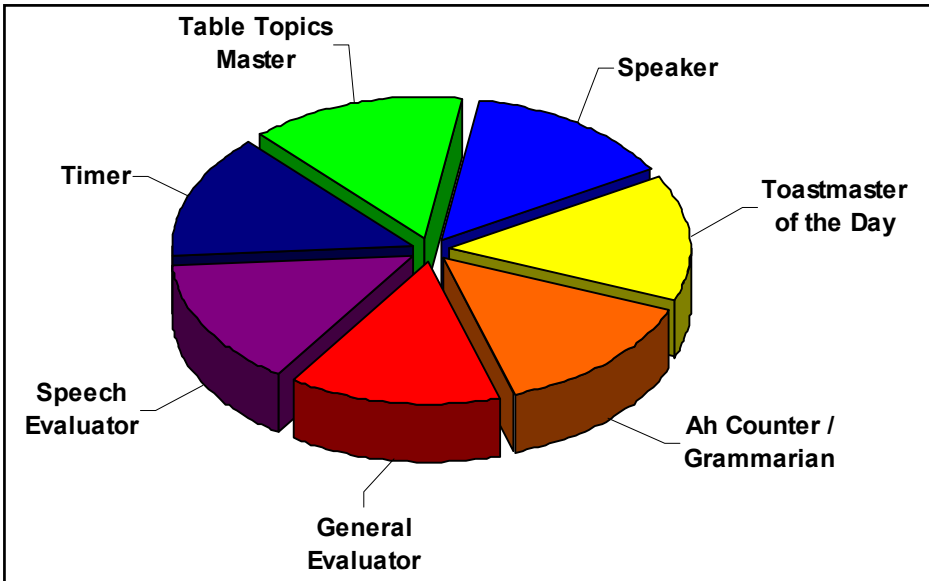
## INSPIRATIONAL QUOTE

"I only regret that I have but one life to lose for my country."

*Nathan Hale*

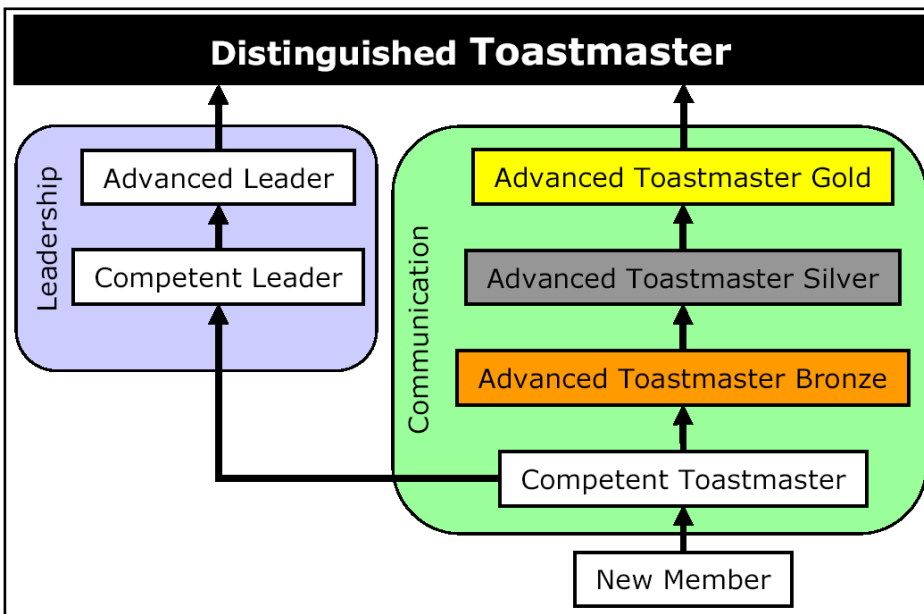
## 7 ROLES OF A SUCCESSFUL MEETING

Toastmasters provides members more than just a chance to practice public speaking, but it also provides opportunities to lead through the various roles in a Toastmaster meeting. All roles are important and necessary to gain the maximum potential benefit. Volunteer to take a different role each meeting and sharpen all of your skills not just public speaking. For more information on what is expected in each of these roles, please contact the V.P. of Education, Mr. Seth Cowand at Seth.Cowand@disa.mil.



## CTM, ATM-Bronze, DTM?

Ever wonder what all those initials mean? Ever wonder where you are in the Toastmaster scheme-of-things? Well, here you go. With each speech you are hopefully becoming a better speaker and with that comes recognition. Chart a course and sail to victory. For more information on what is expected for each of these, please contact the V.P. of Education, Mr. Seth Cowand at Seth.Cowand@disa.mil.



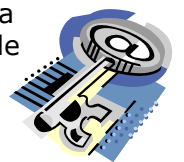
## HOW TO USE STORIES

- # Your stories should fit within the context of your presentation, or at least tie in with your surrounding remarks. Your stories won't work if you force fit them into your presentation. They won't work either if you put your presentation on hold while you digress to tell a story that has no purpose.
- # Make your stories relevant to the experience and interests of your audience. Each story should have a point to it that your listeners can easily grasp and readily identify with.
- # Keep your stories short—two to three minutes at most. Leave out any unnecessary detail. Use your story to quickly clarify or support a point you're making, then move on.
- # A good story puts information in perspective. It doesn't replace information.
- # A good story paints a picture. It helps your listeners "see" what you're saying.
- # Make something happen in the story. It should happen in a specific time and place. Make the characters in your story sympathetic and real.
- # Use stories sparingly.
- # A good story is one you're comfortable telling. It won't ring true if you're seen to be forcing it in any sense.
- # The best of stories is a story that stays with your audience—one they'll remember long afterwards.

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## WEBSITE UPDATE

Have you visited the Soaring Eagles website lately? The website is updated several times a month and has schedule items and announcements.



Check back regularly to find out what's happening in the Soaring Eagles Club.