

# Fox Talkz News

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*"We're not being judged, except in the most helpful, supportive definition of the word"*

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## Letter from our President **Speak or Spook**

With Halloween right around the corner, it begs the question- "Would you rather speak or spook?"

I imagine that most of us would rather choose anything over public speaking, because public speaking frightens us and make us nervous.

Oh wait, "to become frightened and nervous," is actually the definition of the verb form of "spook" as well. Hmm, seems like the two have a lot in common.

### **The reason we're afraid**

I've done some research, and without going into the evolutionary origins of this fear and our "lizard" brain, (that will be a topic of a future speech), the bottom line is that we all want our listener's approval. We fear being judged and we fear being cast out by our peers.

I'm certainly not a master speaker and I've only given four speeches. Each time, while I'm sitting in my chair waiting to be called, this thought goes through my mind-

"What if I forget every single word? What if I stand there and nothing comes out of my mouth? Heck, my good looks are only gonna get me so far. I can't just stare at these people." ☺

### **Approval**

Approval, that's all we want. That doesn't sound so unreasonable, does it? We want people to like us. We want



people to accept us. We want people to praise us. We want to know that "we did good."

### **The Cool Thing**

The cool thing is that we automatically get approval from our fellow Fox Talkz Toastmasters. ("You like me, right now, you like me!" - Sally Field (1984), after winning the Oscar for Places in the Heart)

We're not being judged, except in the most helpful, supportive definition of the word.

Each person that listens to you speak is there to praise you on what you did well and offer guidance on what may need improvement.

I think it's a safe bet that the most experienced speakers among us still get nervous when standing at that lectern.

Have a fun and safe Halloween

Rick

## She made us proud!



*With our president Rick days after the Area Contest*



*At the Division B Contest –*

*“Take every opportunity to speak – that’s why we’re all here!”*

*- Dana*

At her very first speech contest appearance and just after a few weeks of joining Fox Talkz, Dana Lin took first place in the Area B3 Humorous contest and 3<sup>rd</sup> in the Division B one! Not too shabby uh? But who is Dana anyway?

Dana is a natural on the stage. She makes the most of that natural crispy and deep voice to deliver fluent and well-articulated speeches and really rocks when she puts herself in front of the audience. I remembered her second speech about her attempts to find the right date –very funny and entertaining; I could hardly find anything for her to improve upon. So, how does she do it? We decided to ask her:

**TM: You joined Fox Talk Toastmasters not long ago and already took the plunge to participate in the not-so-easy Humorous Contest, what motivated you?**

*Dana: Taking the plunge was scary, but it sounded like fun and I thought it would be a great way to get my feet wet.*

**TM: You look very natural and relaxed on stage, what is your technique, if any, to keep from being nervous?**

*Dana: My daughter, Ananya, suggested I imagine her and her sister in the audience. So right before I would begin, I imagined my girls in the audience and it really helped knowing that no matter how I did, my biggest fans believed in me.*

**TM: What kind of preparation did you do?**

*Dana: I practiced in front of anything - my kids, friends, the mirror, at a dog park, and especially my mentor (thanks Adam!) who drilled into me the need to enunciate, project, and act out! I also asked fellow Toastmasters for feedback. Watching my recording was key, too, to see where I needed work. Thanks to Eric for filming!*

**TM: What did you get out of the contests aside from your fabulous 1st place trophy at the area B3 contest and 3rd place trophy at the Division B contest?**

*Dana: I was in awe of the winners at Division. They performed like professionals. Experience does make a difference. I just need to keep doing it to improve.*

**TM: What advice can you give your fellow FoxTalkz members?**

*Dana: No matter how bad your nerves are, it does get better after each speech, so take every opportunity to speak - that's why we're all here!*

# What have you been up to?

Perhaps you attended one meeting as a guest or maybe two, or even got enrolled as a member. You've probably given your icebreaker or a couple of more speeches. Perhaps you have been one of the 'long-lived' members, but just have not showed up recently... we would like to see you again! –

At our club, a lot has been happening! Several new members, ice breakers, lots of fun at Table Topics, you know the drill... Here is a little of what you have been missing!



## And now it's your turn... to evaluate

Have you ever helped your child with a school assignment? Been asked by a co-worker for advice on a project? Offered suggestions to local government? If you have, you have been an evaluator. You have listened to and observed others and their work and offered feedback. You evaluate in some manner every day, at home, at the office, and in the community.

People join Toastmasters clubs to improve their speaking and leadership skills, and these skills are improved through evaluations. Members prepare and present speeches based on projects in the Competent Communication manual, or they serve in leadership roles while completing projects in the Competent Leadership manual. Their fellow club members evaluate the speeches or leadership efforts, enabling the members to develop their speaking or leadership skills.

The tone and content of an evaluation have great impact on the speaker and even on the club. A harsh evaluation may cause a member to leave the club. An overly kind evaluation may not help the member to improve, making the member frustrated and unhappy. Good evaluators strive to find a balance between the extremes, giving evaluations that are helpful and encouraging.

Although most of the time you will be evaluating others in the club, the skills you learn can be applied in all aspects of your life. You will become a better listener and a more critical thinker.

Check the 'cheat sheet' on the side for a quick reference.

### Prior to the meeting:

Review carefully the *Effective Evaluation* manual that you received in your New Member kit.

Talk to the speaker to find out which manual projects he/she will present. Review the project goals

### At the meeting:

At your arrival, confer with the speaker one last time for specific things she/he needs you to watch.

### During the meeting:

Record your impressions in the manual.

Be objective.

At your verbal evaluation starts with note of encouragement or praise. Mention any valuable asset such as smile or sense of humor. Don't ignore serious faults (if its non-personal). Address the rest on the manual.

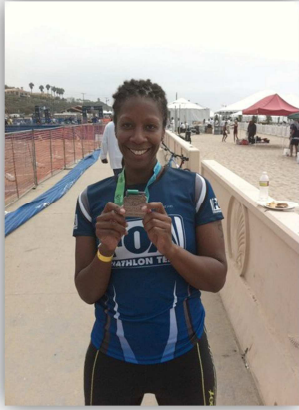
### After the meeting

Return the manual to the speaker and add a verbal word of engouagment that was not mentioned in the verbal evaluation



Never make feel the speaker like that... ;)

## On the personal side...



Proudly showing her medal....



"Am I going to make it!?"

When was the last time you pushed yourself to the limits? Don't remember? Neither do I. "As if it wasn't enough to come to the 8:00 am Friday meetings and freak out at Table Topics or spending innumerable hours rehearsing that next speech of yours" you may think...that's a lot no?... Let me tell you, that is very commendable, but here we are talking "where else are you going the extra mile?" Don't feel bad, a few of us are; but somebody that is definitely doing so is our very own Heather Hamilton!

Did you know that Heather, aside from being a fully committed Toastmaster (she is also an officer, second year in a row!), being constantly involved in volunteerism also runs half marathons and triathlons? She recently completed the very popular Malibu Triathlon and we did not want to miss the opportunity to get to know more about it on *the personal side*...:

**Fox Talkz: For those not much into sports, what do you have to do in a Triathlon?**

HH: It is a multiple-stage competition where you have to be able to swim for 1.5 Km (about a mile), bike 40 Km (25 mi) and run for 10 Km or 6.2 miles and do those activities one after the other.

**Fox Talkz: What is the Nautica Malibu Triathlon?**

HH: 5,000+ athletes competed in this year's 26th annual Nautica Malibu Triathlon! Celebrities and movie studios come together to compete in the Entertainment Industry Challenge to benefit Children's Hospital Los Angeles! Over \$1.17 million was raised and FOX had the highest team average in fundraising! Not bad for one of the newest and smallest member team! You might be surprised to see your favorite television or movie star racing alongside you or walking by them on the sands of Zuma Beach. Last year Jay Leno was the Master of Ceremonies and this year brought Howie Mandel to the stage.

**Fox Talkz: How many triathlons have you competed in? And which one has challenged you the most so far.**

HH: I have competed in 6 full triathlons so far and counting! I'd say the first one I did was the one I found particularly challenging as I needed to learn how to swim and did not have a lot of time to do so!

**Fox Talkz: How much training and preparation did you have to do?**

HH: You need at least 4-6 months of training and in each sport twice a week. If you are new to swimming in the Ocean or swimming in general, I'd recommend swimming at least 4 days a week. The swim is the shortest of all the distances, but can be the most terrifying and overwhelming.



**Fox Talkz: Will you do it again?**

YES! I'll do the Desert Triathlon in March.

**Fox Talkz: What is one of your favorite Triathlon memories?**

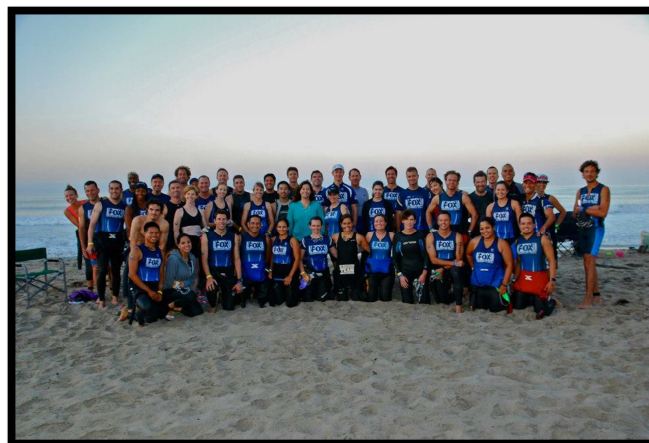
HH: When you start the swim leg, if this is an Ocean swim, Lifeguards will be everywhere, LISTEN TO THE LIFEGUARDS AND DO EVERYTHING THEY SAY! The lifeguards know the wave pattern and what the surf and water are doing better than anyone.

During my wave start at Malibu this year, there was a rip current so we had to swim 100 yards away from where we were going so not to get pulled in it. The waves are coming, people are ducking and diving under, and for the first time, I was calm. I blocked out everything except me, the waves and the lifeguards. When the lifeguards yelled SWIM! SWIM! I didn't dive under the waves like I normally would, like I learned in the Ocean clinics, I SWAM instead!! Every time the Lifeguard yelled SWIM!! I did, and it got me out past the surf and to that first buoy less tired and faster.

Coming back in was the same, but instead of the Lifeguards yelling SWIM! It was WAVE! As soon as they yelled WAVE, I glanced back, jumped up and caught the WAVE!! It took 2 more times of catching the WAVE, but I rode them all the way in to shore! I probably didn't look as graceful as I felt, but this was literally the first time I didn't get totally tossed and pummeled by the waves coming in. I improved my swim time by almost 3 minutes and a big part of it was staying calm and relaxed and listening to the Lifeguards.

**Fox Talk: Anything else you'd like to share?**

HH: Training and competing in Triathlons has given me inner and outer strength and focus in other areas that has only come by doing. Like Nike says - Just Do It! And be amazed at what you are capable of and watch it change your life for the better!



...and the entire Fox Team that made it possible (can you see Heather? ☺)!



The prize...

*“Training and competing in Triathlons has given me inner and outer strength and focus in other areas that has only come by doing”-*



## They are here!

Let's give a warm welcome to our newest members. You have probably seen them in action already! Thanks for joining us:

- Chenchen Zhang
- Chenni Xu
- Darshit Desai
- Emmylou Diaz
- Konstantin Rimarchuk
- Laixin Wei
- Margaret Lorenz

## Did you know?

You can read the Toastmaster magazine online? Pretty convenient especially if you find yourself at the dentist (or any other doctor office) and already have gone through all those tabloids, sports and medical advertisement-like magazines! You just need to bookmark this link on your smartphone or tablet and off you go!

<http://www.toastmasters.org/magazine.aspx>

Best of all is that you can even find the previous numbers in case you want to re-read anything that may have drawn your attention and perhaps you did not have time to read it then.



## A bit of inspiration

I had run across this video before (see link below) but had not have a chance to watch it entirely until recently. It is from Darren Lacroix. I am sure you will find some motivation and inspiration for your next speech!

<http://www.youtube.com/watch?v=FUDCzblLV-0>

*Tip: you can always go to YouTube and search for "Darren Lacroix" "OUCH" (altogether) and you will surely get it.*

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# Are you coming?

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## 2012 District One Fall Conference

Featuring: Hi-Tech Networking Breakfast \* Tall Tales and Humorous speech contests \* Moments of Truth workshop \* "Secrets of Managing from the Middle" workshop

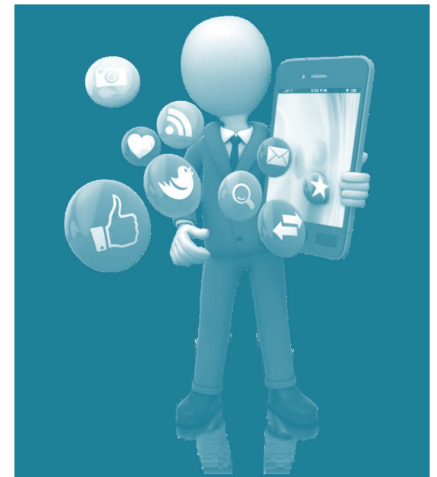
Special Keynote by NBA All-Star and Toastmaster, Mark Eaton on "How to Be Invaluable"

When: 11/10/2012, Full Day

Where: Four Points by Sheraton - LAX 9750 Airport Boulevard Los Angeles, CA 90045

Chiuhing Casey, DTM, Janet Cormier, DTM  
[chiuhing.casey@yahoo.com](mailto:chiuhing.casey@yahoo.com), [jdoggan@aol.com](mailto:jdoggan@aol.com)

More information:  
<http://tmdistrictone.org/conferenceFall2012.aspx>



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## Winter Party is approaching!

Be prepared... Be ready... party time is quickly getting close! Yes, you will soon be receiving details on where and when our Winter Party is taking place. Save a date around early the second week of December. Fun, drinks and dinner in the horizon!



## Our social corner



Do you appreciate the power of social media but are still hesitant to use it? Do you have a Facebook account but haven't uploaded your own photo yet? We'll give you four powerful reasons why you should begin using the most popular social media sites:

**Facebook:** Facebook presents a unique marketing opportunity for businesses through the creation of Facebook Business Pages. As more people explore social media, social networking sites have become some of the key online sources they use to learn more about products, organizations, artists and world events. Marketing on **Facebook** has a viral effect – information spreads through networks exponentially.

And... most importantly, you can check out the latest happenings at each of our energizing Friday meetings!

<http://www.facebook.com/FoxTalkzRockz>

**Twitter:** Twitter is more of a communication service than a true social network because it focuses on creating a stream of information that resembles a conversation, rather than just grouping friends together.

Twitter is now extremely important for companies monitoring online discussion about their own brand, but also to view open discussions taking place in their area of business. Almost all Twitter traffic is open and freely available so it can be used to monitor the 'buzz' around a particular topic – when a major news story is breaking.

<https://twitter.com/FoxToastmasters>

**LinkedIn** is where all the HR managers and recruiters are now hanging out. It gives you the opportunity to connect with a company or a person within that company directly - like never before. They are also looking for YOU, so you had better stand out from the crowd.

[http://www.linkedin.com/profile/view?id=196143000&trk=tab\\_profoxtalkztoastmaster@gmail.com](http://www.linkedin.com/profile/view?id=196143000&trk=tab_profoxtalkztoastmaster@gmail.com)

**YouTube:** While not actually a social media site, YouTube is the world's second largest search engine after Google. You can find everything here, including our very own Fox Talkz channel, where we upload your speeches so you can view them and learn from there.

<http://www.youtube.com/user/FoxTalkzToastmasters>