



DYNAMIC SPEAKERS WISH YOU HAPPY HOLIDAYS

Alice Lewis, CTM, VP of Public Relations

Chestnuts roasting on an open fire, Jack Frost nipping at your nose.....

Yes, it's that time of the year. The Dynamic Toastmasters club wishes all very happy holidays and a prosperous New Year.

This year our club has been prosperous as far as membership is concerned. We have several new members. These members are from different areas of San Diego. This club is reaching out and inviting all that feel the need of this great club. You meet great people and at the same time, you are enhancing your ability to communicate through speech.

As vice president of Public Relations, I would like to congratulate all of the officials, speakers, and functionaries for a job well done. We are looking forward to an even greater job in this next year.

Again, I echo my greeting for happy holidays and a healthy and prosperous New Year.

CONGRATULATIONS!

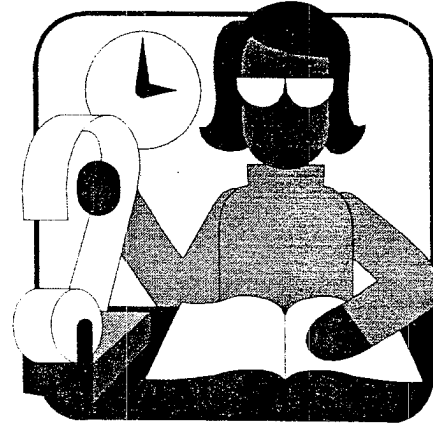
Happy Birthday to **George Kengott**. His birthday was on September 18th.

Happy Birthday to **Debra Roy**. Her Birthday was on November 14th.

Happy Birthday to **Anh Le**. Her Birthday was on November 19th.

Happy Birthday to **Cindy Miller**. Her Birthday was on November 21st.

PRESIDENTS CORNER



As we come to the close of 1998 I am caught wondering where this year has gone? As I reflect back, I can recall many exciting Toastmaster events. The numerous Speech contests, the Toasting and Roasting dining events, the Backwards meeting, Video and Grab Bag days, and the list just goes on and on!

I can't wait to see what 1999 has in store for us! One event that comes upon us rather quickly in the new year is the International Speech Contest which is usually accompanied by either an Evaluation Contest or a Table Topics contest. This is something for all you Toastmasters to think about and prepare for over the holidays.

I would like to wish each and every one of you and your families a merry and joyous holiday! See you all next year!

Paula Isaac, President



THE DYNAMIC SPEAKERS TOASTMASTERS
CLUB MEETS EVERY WEDNESDAY AT
11:30AM IN CONFERENCE ROOM C-8 or C-4
in GDE Systems, Inc. BUILDING 1

YAD SDRAWKCAB

By **Mark Kramer**, Co-Vice President of Education

Dynamic Speakers explored new territory at its November 11, 1998 meeting by conducting it backwards. You read right. The entire meeting was conducted in reverse order. It started with **Paula Isaac**, the presiding officer, declaring the meeting adjourned, followed by the presentation of awards for Best Evaluator, Best Table Topics, and Best Speaker.

(if you get confused as you read this, just take a deep breath)

Evaluators were presented with a significant challenge in that they needed to evaluate those who had not actually performed a task yet. **Steve Goggio** evaluated the meeting and the Toastmaster. **Siobhan McKenna** told us how long each of us spoke, er, will speak. **Randy Rimple** told us how many ahs, ums, and other pause terms we can expect during the meeting. **Alice Lewis** filled us in on all the grammatical errors we were about to make as well as the eloquent use of language we used during the meeting. Finally, **Bob Pickett and Glenn Denton** provided our speakers for the day, **Anne Baugh** and **Paula Isaac**, with constructive criticism about the speeches they had not yet given.

DeLinda Daniels offered a most challenging Table Topics by asking us to give the answer to a question we had not heard yet. After each answer, DeLinda told us what the question was that we were to have answered. Believe it or not, **George Kengott** actually

answered the question correctly!

Anne and Paula did their best to not only give their speeches but to fulfill the constructive criticism given to them before-the-fact from Bob and Glenn.

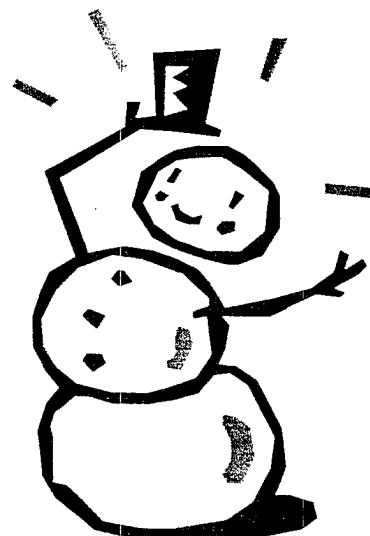
Mark Kramer, as Toastmaster, next told the group about palindromes. The advantage of palindromes is that they can be read forwards and backwards. A welcome site at this meeting. Some examples of common palindromes: "eve", "bob", "radar", and "madam."

Teri Campbell then led us in the Pledge of Allegiance and gave us some thoughts to think about during the meeting.

Paula then concluded the meeting by rapping the gavel and then declaring the meeting open.

Confused by all this? Then you'll have to see it for yourself. Many commented about how much fun the meeting was and the continuous laughter throughout the meeting proved this out.. No doubt you'll be seeing another backwards meeting in the near future.



















Or is that past?



HOLIDAY SYMBOLS AND TRADITIONS

December marks many major holidays, including Christmas, Chanukah, and Kwanzaa. And while most people know of the holidays, not everyone knows the origin of the symbols and traditions of these holidays. See if you can figure out the meaning behind each of these holiday symbols and traditions.

NOTE: Some symbols and traditions stem from a number of sources. In these cases, I chose the answer that seemed to come up the most in my research. This does not mean that the other explanations are invalid or less valid.

1.  **KISSING UNDER THE MISTLETOE (Christmas)**
 - a) Adopted from the Roman tradition of shooting off rockets with one's big toe.
 - b) Adopted from the Celtic myth that its medicinal value saved the life of Norse goddess Frigga's son so she kissed anyone who happened to be under it.
 - c) Adopted from the Asyrian legend that the fragrance from the mistletoe served as an aphrodisiac when two people kissed under it.
2.  **CHRISTMAS TREE (Christmas)**
 - a) Adopted from a religious sect to show how nature is interwoven with the people.
 - b) Selected as a symbol to represent the wood of the cross.
 - c) Represents the never dying of the religion (i.e. "ever green").
3.  **MENORAH (Chanukah)**
 - a) Holds 9 candles, representing 9 out of 10 of the commandments.
 - b) Holds 9 candles, each one representing a day of the week an eighth representing Earth, and a 9th the universe.
 - c) Holds 9 candles, each one commemorating the 8 days that a one day supply of oil stayed lit while more oil was retrieved to keep the everlasting flame lit.
4.  **HANGING STOCKINGS ON THE FIREPLACE (Christmas)**
 - a) One day, St. Nicholas tossed something through someone's window and it landed in a stocking hanging on a fireplace to dry.
 - b) Originally, legend had it that Santa Claus dropped toys down the chimney and into hanging stockings.
 - c) In the middle ages, when presents first began to be given at Christmas, peasants wrapped gifts in clothing, usually stockings, because paper was not readily available.
5.  **GIVING OF FRUIT BASKETS (Kwanzaa)**
 - a) Represents the fruitfulness of the previous year and hopes for a healthful upcoming year for the recipient.
 - b) Represents wishes for a fruitful new year for the recipient.
 - c) Symbolizes the harvesting of fruits in Africa.
6.  **YULE LOG (Christmas)**
 - a) Adapted from the Scandinavian custom of lighting bonfires to celebrate the winter solstice.
 - b) Represents the burning into memory of the wood of the cross.
 - c) Symbolizes that, even at night, the light shines.
7.  **MKEKA or MAT (Kwanzaa)**
 - a) Symbolizes the welcoming of all into the celebration of Kwanzaa.
 - b) Lays the foundation for self-actualization.
 - c) Symbolizes that all are equal, no one is above or below anyone else.
8.  **WREATH (Christmas)**
 - a) Represents the crown of thorns the Romans placed around Jesus' head.
 - b) Represents the Earth.
 - c) Represents the connection of all people to each other.
9.  **TINSEL/ICICLES/GARLAND (Christmas)**
 - a) Represents the hay that lay on the ground where Jesus was born.
 - b) Symbolizes the coldness of the night Jesus was born on.
 - c) Represents the hair of angels.
10.  **DREIDEL (Chanukah)**
 - a) Symbolic of arrows used in the battle for freedom against the Asyrians.
 - b) Representative of a hollow "toy" used to hide religious documents from the Asyrians.
 - c) Symbolic of a toy used by students to make the Asyrians think they were playing when they were really studying.
11.  **TREE ORNAMENTS (Christmas)**
 - a) Represents the stars in the sky that Martin Luther saw behind the first Christmas tree.
 - b) Adopted from a tradition from the Saturnalia festival.
 - c) Originally was apples commemorating the story of Adam and eve.
12.  **CANDY CANE (Christmas)**
 - a) Brings the sweetness of the holiday to all who eat the candy cane.
 - b) Stands for the first letter in Jesus' name.
 - c) Symbolizes Cain from the story of Cain and Able.
13.  **MISHUMAA SABA CANDLES (Kwanzaa)**
 - a) Symbolizes the importance of light to grow the fruits of the harvest.
 - b) Symbolizes the brightness of the holiday.
 - c) Represents the seven guiding principles of Kwanzaa.
14.  **CANDLES (Christmas)**
 - a) Represents the guiding principles found throughout Christianity.
 - b) Commemorates Chanukah.
 - c) Symbolizes the brightness of the holiday.
15.  **BELLS (Christmas)**
 - a) Used to call all of the angels to Earth to celebrate Jesus' birth.
 - b) Used to ring in the news of Jesus' birth.
 - c) Used to keep away evil spirits during the holiday.
16.  **LIGHTS ON THE CHRISTMAS TREE & HOUSE (Christmas)**
 - a) Symbolizes the star of Bethlehem followed by the three wise men.
 - b) Symbolizes the brightness of the holiday.
 - c) Symbolizes the illumination of humankind through Jesus.
17.  **GELT or PRESENTS (Chanukah)**
 - a) Celebrates the gift of freedom won in the battle against the Asyrians.
 - b) Stems from the giving of money to children to help them remain in school.
 - c) Signifies the importance of giving to others.
18.  **RUDOLPH THE RED NOSE REINDEER (Christmas)**
 - a) Represents the importance of Jesus showing the light to the world.
 - b) Represents the gentleness of the season.
 - c) An advertising campaign for Christmas.

HOLIDAY SYMBOLS AND TRADITIONS

ANSWERS

1. B – Mistletoe was adopted from the Celtic myth that the plant provides great healing and medicinal properties. Because it saved her son, the god Balder, the Norse goddess Frigga kissed anyone who she found standing under it. Another legend is that the tradition began after two Roman leaders, who were once enemies, kissed under it to ring in an era of peace.
2. B – The Christmas tree represents the wood of the cross. It was adopted from the Roman Saturnalia festival. It is believed that Martin Luther created the first Christmas tree after he saw an evergreen tree back lit by stars on Christmas Eve.
3. C – The eight candles or lights of the menorah commemorate what is called the "Miracle of Lights". After the Assyrians were defeated by the Jews, the Jews returned to their temple to rededicate the eternal flame and found only one flask of sacred oil remaining; enough for one day. But it lasted for eight days; just enough time to bring back more oil and keep the eternal flame lit. A ninth candle, called the shamesh, is used to light the eight candles.
4. A – According to legend, a man needed a dowry for his daughter but didn't have it. St. Nicholas, knowing of the man's plight, tossed a bag of gold through the man's window. The bag landed in one of the girl's stockings that had been hung up to dry.
5. C – Symbolizes the annual harvest of fruit that occurs this time of year in Africa.
6. A – Adapted from Scandinavian custom of lighting bonfires to celebrate the winter solstice.
7. B – Lays the foundation for self-actualization.
8. A - Symbolizes the crown of thorns placed on Jesus' head.
9. C – Symbolizes the hair of the angels present at Jesus' birth.
10. C – A toy used by children to hide their studying from the Assyrian soldiers. When the soldiers walked by during the illegal studies, the children pulled out their tops to pretend that they were really playing a game. The four Hebrew letters on it (shin, hey, gimmel, nun) is an acronym standing for "A Great Miracle Happened There" which refers to the "Miracle of Lights" (see answer 3 above).
11. C – Originally, ornaments were apples that symbolized the apple from the Garden of Eden.
12. B – The J shape stands for Jesus, but there are additional meanings: Hard candy represents Jesus as the "rock of ages". White represents purity and red the blood of Jesus. Peppermint is a substitute for hyssop which was used as a symbol of purification and sacrifice. The stripes indicate the whip marks left by the Romans on Jesus' body.
13. C – The 7 candles of the candelabrum stand for 7 guiding principles: faith, self-determination, creativity, unity, responsibility, cooperative economics, purpose. The 7 candles also represent the colors of the flags of the African liberation movement: 3 red, 1 black, and 3 green. The candle holder itself (kinara) reminds believers of their ancestral origins in one of 55 African countries.
14. B – An incorporation of a symbol from Chanukah and symbolizes warmth and the end of darkness into an enlightened time.
15. B – Rings in the news of Jesus' birth.
16. A – Symbolizes the star followed by the three wise men.
17. B – Stems from giving money (i.e. gelt) to children for school. During the Greek oppression of the Jews, it became customary to give money at Chanukah to poor children to help them remain in school to learn Jewish law (i.e. The Torah). Likewise, gifts of money were given to teachers from the pupils.
18. C – Rudolph the Red Nosed Reindeer was an advertising campaign by Montgomery Wards department stores in 1947.

OTHER SYMBOLS YOU MAY BE INTERESTED IN:

Holly (Christmas) protects a home from evil.

Presents (Christmas) represent the gifts brought by the three wise men.

Mzao or Crops (Kwanzaa) represent the historical roots of African-Americans in agriculture and also the reward for collective labor.

Muhindi or Corn (Kwanzaa) signifies children and the hope associated in the younger generation.

Zawadi or Gifts (Kwanzaa) represent commitments of the parents to their children.

Kkimbe cha Umoja or Unity Cup (Kwanzaa) is used to pour libations to the ancestors.

And, yes, Donder and Blitzen (Christmas) are German words for thunder and lightning.

CURRENT OFFICERS

President	Paula Isaac
Co-V-Ps of Education	Mark Kramer and Bob Pickett
V-P of Membership	Steve Goggio
V-P of Public Relations	Alice Lewis
Secretary/Treasurer	Anne Baugh
Sergeant at Arms/ Past President	Glenn Denton

OFFICER ELECTIONS

On December 9th we had a very lively Toastmaster's meeting! After **Teri Campbell's** speech on all of those year 2000 problems we should be looking out for, we had a very lively nomination session. Was this due to the fact that our club just has a heck of a lot of good people to nominate for office? Or was everyone afraid that if they wanted to nominate someone they better do it before the year 2000? Or are we just a lively group of people?

All of the above!

Congratulations go to **ALL** of the nominees. Our club has a tremendous amount of confidence in you, hence the reason for your nomination! I believe that we can look forward to a very productive year in 1999.

The nominations were as follows:

President - **Paula Isaac** and **Mark Kramer**.

VP of Education - **Haregu Ferede**, **Mark Kramer** and **Bob Pickett**.

VP of Membership - **Glenn Denton**, **Steve Goggio** and Steve's dog **Winkie**.

VP of Public Relations - **Alice Lewis** and **Aurora Reception**.

Secretary - **Teri Campbell** and **Randy Rimple**.

Treasurer - **Anne Baugh**.

Sgt At Arms - **Glenn Denton**, **Luis Olvera** and **Randy Rimple**.

NEW YEAR'S RESOLUTION



Now is a great time to make a New Year's Resolution to accomplish the goals that you have set for Toastmasters. What ... you don't have any goals for Toastmasters?

We can help!

With the recent establishment of the Toastmaster's Mentoring Program you can get the help and support you need to accomplish those goals (or create them). If you would like to participate as a mentor or mentee it is not too late. Please contact **Bob Pickett** or **Mark Kramer** for the details.

THE DYNAMO IS PUBLISHED QUARTERLY FOR THE DYNAMIC SPEAKERS TOASTMASTERS CLUB		
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CONTRIBUTORS: Glenn Denton, Paula Isaac, Mark Kramer, and Alice Lewis		

THAT SCARY TABLE TOPICS

By **Mark Kramer**, Co-Vice President of Education

Table Topics is one of the most fun aspects of our meetings. Typically, Table Topics are terrifying for new members. But, before you know it, you may even find that you'll look forward to Table Topics.

Traditionally, Table Topics involves

questions and answers. The Table Topics Master asks members questions related to a theme. Members have 30 seconds to 1 minute to answer the question.

But here's a little known fact: You don't have to actually answer the question! The goal of Table Topics is to speak unprepared for the allotted time. Don't want to answer the question? Then don't. Change the subject. For example, say, "Thank you Table Topics Master for asking that question, however, I believe that there is a more important point to make and that is...." Yes, it's just like being a politician in a debate. Or, do as I have done, "Thank you Table Topics Master for asking that question, however, I'd like to address the question you asked previously to Paula" and then answer that question.

Are you the Table Topics Master? If so, you don't need to use the traditional question and answer method. Feel free to be creative. As long as the members speak impromptu, it doesn't matter how it's done. Here are a few different Table Topics that we've already seen:

A tandem story where one member starts a story and others continue it

Playing group Pictionary

Describe what's going on in a Halloween drawing

A panel debate on the use of Indian names for sports teams

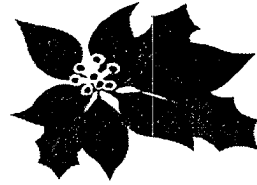
Members giving voices to a silent "Bugs Bunny" film

If you do use the question and answer method, as Table Topics Master, try to give everyone who doesn't have a role in the meeting a chance to speak.

Oh, and what's all that rapping on the table? The Table Topics Master selects a "Word of the

Day." Table Topic participants are required to use the word at some point during their answer. When the word is used, all members recognize that it was used by rapping on the table.

So have fun with Table Topics. It doesn't have to be scary at all.



RECIPE OF THE MONTH

Contributed By **Paula Isaac**, President

Apple-Cranberry Sauce

Ingredients:

12 oz. fresh cranberries

1 large Granny Smith Apple, peeled, cored and diced

1 3/4 Cups water

1 1/4 Cup sugar

1/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 teaspoon ground clove

Sort cranberries, discarding all soft ones and removing all stems. In a saucepan over medium-high heat, combine the cranberries, apple, water, sugar, salt, cinnamon and clove; stir together. Set the saucepan over medium-high heat and bring to a boil. Reduce heat to medium-low and simmer gently, partially covered, until thickened, the apple is tender and the cranberries have burst, 15 - 20 minutes.

Transfer to a bowl to cool before serving. May be covered and refrigerated, but should be room temperature before serving. Serves 8 to 10.

Enjoy!