

**SUNRISE CENTER TOASTMASTERS CLUB**  
**Club No. 3359 - District 39**  
**Denny's Restaurant - Sunrise and Greenback**  
**Citrus Heights, CA**

**Every Thursday, 6:30 A.M. to 8:00 A.M.**

If this is your first Toastmaster experience, a brief outline of a typical meeting might be helpful.

**THE MEETING STARTS PROMPTLY** AT 6:30 A.M. and is called to order by the President. This is followed by an invocation and the Pledge of Allegiance to the flag, an introduction of our guests, and general business announcements.

**The TOASTMASTER** for the day will be introduced. He or she will announce the theme for the meeting and introduce various members who will assist in conducting the meeting.

This opening is followed by the main part of the meeting, which includes:

**TABLE TOPICS:** This is practice in impromptu speaking. The Table Topics Master for the day calls on 3 or 4 members at random and gives each a subject about which they must speak. Participants must stay within the required time limits and use the "word of the day" to qualify for "best table topics person" of the day.

**PREPARED SPEECHES:** We will hear 3 or 4 speakers today who have formally prepared speeches lasting from 5 to 7 minutes. These participants must stay within the required time limits to qualify for "best speaker" of the day.

**EVALUATIONS:** Each speech will then be evaluated by a fellow Toastmaster, who will offer their opinion on the speaker's delivery and presentation. They will point out the speaker's strong points as well as offer suggestions to help the members improve their speaking skills. These participants must stay within the required time limits to qualify for "best evaluator" of the day.

Ballots are at each table for use in making comments to the speakers and to vote for best table topics person, best speaker and best evaluator. Feel free to share your comments and vote for your choices.

Before we end our meeting, we reintroduce each of our guests and ask them for any comments they might have about our meeting.

**ADJOURNMENT** of the meeting is at 8:00 A.M.

For more information, please visit the Toastmasters web sites at  
[www.toastmasters.org](http://www.toastmasters.org)  
[www.district39.org](http://www.district39.org)