**Minutes of the August 8, 2019 meeting**

**PRESIDENT: Brian Fahey**

**TOASTMASTER: Senthil Punniay**

**MEETING THEME:**

**WORD OF THE DAY: Preposterous**

**AH COUNTER/GRAMMARIAN: Tom Ludlow**

**TIMER: Bill Morgan**

**GENERAL EVALUATOR: Micah Bechard**

**TABLE TOPIC MASTERS: Brian Fahey**

**VOTE COUNTER: Adam Zook**

**:90 Educational:**

**SPEAKERS:**

**#1. John Donnellon – “Leadership Style” – John took us into his storied past to a time when he worked on Middle East tankers for the merchant marine. Break down the big jobs into smaller ones, and don’t be afraid to ask for help. 4:15 Evaluator: Roger Kramer**

**#2. Chris Stevens – ‘The Keto Diet” – (15 min w/Q&A) Chris explained the Keto Diet and how he had used it to lose over 40 lbs. since last year. After a trip through some complicated explanations Chris entertained and answered numerous questions. 25:33 Evaluator: Todd Williams**

**BEST SPEAKER: Chris Stevens**

**BEST EVALUATOR: Todd Williams**

**TABLE TOPIC SPEAKERS: Micah, Ken, Tom, Todd, Raani**

**BEST TABLE TOPIC SPEAKER: Tie – Ken & Tom**

**ATTENDANCE: 11 members and 2 guests (Raani Varma returns!)**

**OTHER BUSINESS AND ANNOUNCEMENTS:**

**Next week’s Toastmaster is Tom Ludlow**

**Respectfully Submitted**

**Tom Ludlow, Club Secretary**