



# Trash Talkers Club Open House

## Holiday Potluck meeting

Wednesday, December 7, 12:00pm – 1:00pm  
Cal/EPA Headquarter Building Room 1310

You are invited to see what Toastmasters can do for you!  
Attendance is FREE!

### About Us

Trash Talkers is a Toastmasters club that meets in the CalEPA Building but you don't have work there to be a member or guest.

**Our Motto:** From knocking knees to knockout speaker in 10 easy speeches.

### No Special Talent Required!

Most people think good speakers are born, but with guidance in a supportive, encouraging environment, you too can become a good speaker. Let Trash Talkers help you find your voice.

**HOLIDAY POTLUCK**  
Members: Bring a dish, guests just come!



Our meetings include these basics:

- Pledge of Allegiance
- Thought of the Day
- Joke
- Prepared Speeches
- Table Topics (Impromptu speeches)
- Constructive evaluation of speeches, meeting
- Topics span everything imaginable--storytelling, movie reviews, cooking, sports, health, issues, and more!

Call Laleh Rastegarzadeh for more  
information - **(916) 341-5490**.