



# ACTION!

NSA  
Central Florida  
January 2006

## January 21st, Victoria Labalme Making Your Speech Come Alive: *Turning a Presentation Into a Performance!*



So you thought you gave speeches, huh? Not anymore. On January 21, the incomparable Victoria Labalme will turn NSA into "NPA" (National Performance Association) and you must experience it!

Victoria Labalme brings 20 years of professional theatre, comedy, acting, and writing experience to our speaker's platform in Central Florida. Victoria has specialized in blending the spoken word with acting, comedy, and physical expressiveness. Here are some of the topics Victoria will explore with us on January 21:

**Re-Thinking What a "Professional Speaker" Is or Should Be**  
**Finding Your "Dramatic Line"**  
**Capitalizing on Horizontal & Vertical Space**  
**Acting Out Your Characters**  
**Re-experiencing Your Stories...and much more!**

Victoria is a graduate of Stanford University with Honors in English & Creative Writing, she has performed her one-woman shows across the U.S. and has designed programs & performance keynotes for companies ranging from Starbucks to General Motors and Random House to NYC's Police Department.

Acting appearances include HBO's "Sex & The City", Fox News, NBC News, ABC/Good Morning America; NHK's documentary on acting with Robert De Niro & Harvey Keitel; 27 television commercials; Chicago's Funny Women Festival; NYC's Toyota Comedy Festival, and HBO's Theater in Los Angeles.



**And for our opening act.....**our very own **Donna Cutting**, President of the Chapter, as Gal Morale! The NSA Winter Workshop is right around the corner, and **David Glickman** and Donna are busily preparing for their main stage spots at the event. (David is the headliner, and Donna is his special guest!) Come to our January chapter meeting and support Donna as she performs her presentation for you. Donna's Keynote Theater programs mix storytelling, presentation and improvisation whereby **the audience is the STAR of the show!** Get a sneak peek Donna's new program, written especially for the NSA workshop - "Gal Morale and the Case of the Expert Who Wasn't Eloquent." Who knows?? You may even find yourself part of this hilarious show!

Also...if you want to support David and Donna AND attend an incredible educational and networking event, be sure to register soon for the NSA Workshop in Washington D.C., Feb. 10-12. You can find out more by visiting [www.nsaspeaker.org](http://www.nsaspeaker.org).

Do not miss this program! It's the one we'll be talking about for months and you must experience it!



## NSA/Central Florida News January 2006

### Victoria Labalme Opens Coaching Slots – Only a Few Remain.

After witnessing the brilliance of Victoria Labalme in our chapter meeting on January 21<sup>st</sup>, you can have the rare opportunity to experience her coaching techniques on your material. On January 21<sup>st</sup> from 1pm - 5pm and Sunday, January 22<sup>nd</sup> from 10am - 2pm, Victoria will conduct advanced performance training for 12 lucky individuals in two group sessions (6 in each session). **Only 2 slots remain for the 21<sup>st</sup> and 4 slots remain for the 22<sup>nd</sup> so Act now! THIS WILL SELL OUT.**

#### What You Get:

- 4 hours of Advanced Performance Training with Victoria Labalme
- An intimate private group setting at the Ramada Inn in Plant City
- A hands-on focused session on improving *your* material

#### What we do:

- Hone your material to bring out the natural talents in you
- Apply acting and comedy techniques to maximize your impact
- Create specific, memorable, characters for your stories
- Craft movement & mime bits to add “dimensionality” to your speech
- Apply “image based language” to your writing & descriptions
- Design “key lines” for your speeches that people remember & repeat
- Learn the performance skills that increase your impact, value, & fee

Here is what our own **Mike Rayburn** has to say about Victoria: “Victoria Labalme’s coaching took *everything* about my presentation to a higher level... and some things over the top. Without hesitation, I recommend Victoria Labalme to any presenter who wants to master their craft in every way.”

#### **SPECIAL INVESTMENT - \$295**

To register, please visit our online store under the ‘Meeting Information’ tab at [www.nsacentralflorida.com](http://www.nsacentralflorida.com)

### **NSA Central Florida Orlando Networking Night !!!**

**Who:** ALL NSA Central Florida Members

**When:** Tuesday, **January 10**, 2006- 6:00pm - 8pm or so

**Where:** Pebble’s Restaurant, at the corner of I-4 and State Road 535 in Orlando

Phone: 407-827-1111

Address: 12551 State Road 535 Orlando, FL 32836

A private room at Pebble’s has been secured to provide a great setting for open communication and brainstorming.

RSVP's are not necessary. However, please call Chip Madera at 1-877-425-3233 or write him at [chip@chipmadera.com](mailto:chip@chipmadera.com) to confirm your attendance. We look forward to seeing you there!



## NSA/Central Florida News January 2006

### President's Message

# ACTION!!



*Donna Cutting  
NSA/CF President*

It's our chapter theme and our chapter volunteers are indeed proving to heed its message. We're halfway through the chapter year and I thought I'd take this time to give you an update as to the ACTIONS we've taken.

**WEB SITE:** Have you had a chance to visit [www.nsacentralflorida.com](http://www.nsacentralflorida.com) lately?? It's got a whole new look and feel to it! You can register for meetings, renew your membership, and sign up for Academy – all online!! You can submit articles for the website where potential customers can find them. Best of all, the traffic at the site has already increased and within two weeks of having it up our chapter received four inquiries from meeting planners and bureaus! Now when you put "Florida Speakers" in the Google Search engine, we're on page two. Prior to now we weren't even on the radar. Here are three ACTIONS you can take: 1. Submit or update your profile if you are a member. Even if you are a member who can't come to meetings, having your information on the site is worth the price of chapter membership! You can submit your information through the site. 2. Link to our site from your site! Our board members have done so, and the more links to our site the higher we'll go up in the search engines. 3. Say Thank You! Sandy Geroux and her husband Bruce Geroux were the masterminds behind the new website! I think you'll agree they did a wonderful job!

**STRATEGIC PARTNERSHIP COUNCIL:** Our effort to reach out to Meeting Partners in the area is in full force and being chaired by Meredith Oliver and Jennifer Samuel Chance. We have joined the Orlando Convention and Visitors Bureau and have discovered many benefits to this partnership which we'll be announcing to members soon. One such benefit is that our chapter will be added to a directory that is sent to meeting partners all over the country encouraging them to take their business to Orlando. All of our members can also attend their events at the member rate. Stay tuned for more about this exciting partnership. Jennifer Samuel Chance will represent our chapter as a member of Meeting Planners International of Tampa, and several of our members and Academy members have been attending their meetings and spreading the word about NSA Central Florida. Having personally attended the December meeting of MPI, along with Academy member Afsaneh Noori, I'm happy to report that we are being very well received by their chapter. Soon we'll be asking for your nominations for Meeting Partner of the Year, so be sure to start thinking about who you might want to submit for this honor.

**COMMUNITY OUTREACH:** This year we've taken on a new challenge – sharing our blessings with others. Our chapter donated \$10,000.00 to the NSA Foundation Hurricane Fund. If you include individual donations by members, we've donated more than \$22,000.00. Chapter members reached out by writing letters to NSA members who were affected by the hurricane, and we invited those speakers to join our chapter at no charge for one year. Thanks to Dave Timmons and Ed Peters for leading this effort, to our board for supporting it and to you for your ACTION!! Speaking of ACTION, you came through again donating piles and piles of new, unwrapped toys for foster children in Polk County to enjoy during the holidays. The toys were donated to Heartland for Children, a not-for-profit organization that provides services for children in need. Several of their representatives, including some of the youth they serve, were present at our December meeting, enjoying our speakers Jerry Gitchel and Bob Danzig and a song by our own Cavett Award Winner, George Morrissey, CSP, CPAE.

**NEW ADMINISTRATOR** – We welcomed Nancy Montgomery, who took up her new job almost without missing a beat. One of the things we love about Nancy is that, aside from handling our chapter business with professionalism and efficiency, she acts as our champion. She gets excited about our meetings, praises our members through email and is full of suggestions for making our chapter better. You can reach Nancy at [Administrator@nsacentralflorida.com](mailto:Administrator@nsacentralflorida.com).



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# ACTION!!

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**NETWORKING NIGHTS** – Thanks to Felicia Ferrara in Tampa, and Chip Madera in Orlando who have been hosting the networking nights! Thus far, we've had great attendance and wonderful sharing. Attendance at networking nights is a fantastic way to get to know our members in a way that we can't always do at meetings. Watch for news of the next event and attend to see and be seen!

**SPEAKERS ACADEMY** – All I can say is WOW!! Our Academy class is incredible! They are turning out books, filling their calendars, producing videos and taking ACTION!! Kudos to Dean Monica Wofford who has found a way to keep everything that was fantastic about past Academy sessions and add time for the students to process what their learning, hold each other accountable and “get moving” on their careers. Regardless of where each Academy Member started, they are all moving forward in a way we've never seen before! All are ACTION HEROES who have helped us out in a variety of ways during chapter meetings. As we know, perseverance can make or break a speaking career, and this group has it in spades. Bravo to Monica Wofford for her outstanding leadership of the Speakers Academy!

**PROFESSIONAL SPEAKERS TOASTMASTERS GROUP** – In the interest of becoming better speakers, and with the encouragement of Michael Aun, CSP, CPAE, we broached the idea of starting a Toastmasters group for professional speakers. The response was overwhelmingly positive and new board member Kelley Rexroad has taken on the challenge. She announced recently that there will be a group in the Tampa area and a group in the Orlando area. Details will be discussed at the January board meeting, and announced to the chapter shortly thereafter.

**CHAPTER ANNIVERSARY** – We discovered, a bit late, that 2005 was the 20<sup>th</sup> Anniversary of our chapter. To that end, Nancy Montgomery came up with the brilliant idea of hosting a “look back at the last 20 years” some time in 2006. We'll be announcing the date of this celebration soon. In the meantime, if you would like to be involved with the planning please drop me a line at [President@nsacentralflorida.com](mailto:President@nsacentralflorida.com). We would especially love to hear from Past Presidents and board members – but everyone is welcome to help us with the planning!

**2006 CONVENTION IN ORLANDO** – It will be here before you know it, and our chapter will be heavily involved in making our “guests” in Central Florida feel welcomed! Initiatives include picking VIP's up at the airport, helping to promote the convention, providing People Movers and hosting NSA members who were survivors of Hurricane Katrina. President-elect Cindy Krosky, CSP is heading up this important task and she needs YOU to help get it done! Let's show NSA what kind of ACTION HEROES we are!

**NEW REGISTRATION POLICY** - We have done away with EARLY REGISTRATION. Now we have PRIOR REGISTRATION and AT-THE-DOOR Registration. The easiest way to register for meetings is right on our new website. Or you can send a check directly to Nancy Montgomery via snail mail, if you wish. Nancy must receive your payment prior to the meeting in order for you to receive the PRIOR REGISTRATION price. Or, if you are one of those spontaneous people who decide to come at the last minute, you will be charged the AT-THE-DOOR rate.

**AND THERE'S MORE!** Have you been to our meetings lately?? From the speakers, to the themes and the music and décor, the meetings have been fantastic!! Thanks to Dave Timmons and his dream team – Lenn Millbower, Linda Bailey, Shari Bowden, Denise McCabe and Betsy Barbieux – for truly raising the bar. Speaking of Shari Bowden, the newsletter is fabulous! And there are so many of you who have important roles in our chapter – guest speakers, Academy faculty, welcome Ambassadors and more. Thanks also to Rod Jurado who continues to handle our CD library. There are just too many of you to mention – but I think you'll agree, NSA Central Florida is living up to its theme – ACTION!! You are all ACTION HEROES, and I wish you a happy holiday and a healthy and prosperous new year.

Warmly,  
Donna Cutting, President



## NSA/Central Florida News January 2006

# December Meeting Recap

"What lies behind us and what lies in front of us, pales in significance to what lies within us"

This quote by Ralph Waldo Emerson sums up the very special morning we had on December 17.

If you were there, at the Terrace Hotel in Lakeland, you might remember how beautifully decorated the room was, especially with over 40 new toys stacked up for the Rudolph Roundup Toy Drive.

If you were there, you might remember meeting some of the foster teens from the area who were our guests. The teens and their representatives through Heartland for Children illuminated our meeting with their presence.

If you were there, you got to meet Jerry Gitchel, who not only shared some great tips on using technology to profitably connect with people, but how the internet helped him connect with his 'Lost Brother' Lee. Jerry shared his foster experience with us and the wonderful reunion that happened with his brother. Thanks Jerry!

If you were there, you got to meet a very special man, and former foster child - Mr. Bob Danzig. As the former chairman of the Hearst Corporation's family of newspapers, Bob increased cash flow 100 fold! As our guest speaker, he increased our 'spirit flow' 1000 fold. Bob planted many seeds of encouragement, service, and inspiration to make us all better Harvesters of Hope. His presentation, stories, and interaction with our audience was truly a magnificent work of art. Board member Ken Banks said it best when he told Bob he was so glad he made it to this meeting and exclaimed "Bob - You Are Worthwhile!" Thank you Bob, for your time, your wisdom, and the many free resources you gave away on December 17.

If you were not there, we missed you and hope you rejoin the magic of our community on January 21st!

Until next time,  
**Dave Timmons**, VP of Programs



See photos on the next page!

# December Meeting Photos



Bob brought many goodies and signed them, too!



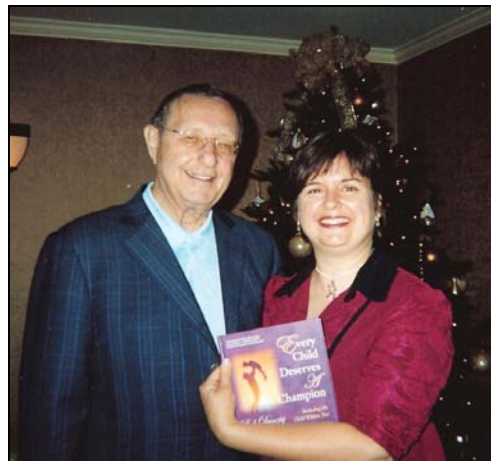
Networking



Jerry; use technology to connect



George opened with a brogue.



Bob and Donna



Meeting new friends and old friends



Toy Drive was a big success!



## NSA/Central Florida News January 2006

### Member News

Welcome new members!

**Jenae Rubin**

SalesPowerhouse

Ft. Lauderdale, FL 33324

[www.salespowerhouse.com](http://www.salespowerhouse.com)

Topic: sales and marketing and sales training

**Catherine (Katie) Madden**

SpeakPower, Inc.

Deltona, FL 32725

[www.speakpower.com](http://www.speakpower.com)

Topic: training

**Susan Freeman**

WorkWise Partners

Lakeland, FL 33803

email: [workwisepart@aol.com](mailto:workwisepart@aol.com)

Topic: emotional intelligence, leadership skills, and lean manufacturing

Member News

**Mare Petras** is a quoted fitness expert in the **New York Times** Style section article entitled *Home Workouts: No Lines, Fees or Strangers*, December 29, 2005.

**Mike Rayburn** is voted as one of the "26 Hot Speakers for 2006" by **Successful Meetings** magazine. Congratulations!

### **UPDATE: Our Hurricane Katrina Relief Efforts Appreciated!!**

Hi there from a Katrina victim. Besides the financial aid, I have received 3 personalized, handwritten notes from members: **Ken Donaldson, Linda Bailey, and Vic Clevenger**. I don't even know these people and they have reached out and touched my heart. It is so comforting to know that people care about what is happening to me. It is hard to find ways to express my gratitude. NSA has been comfort in the storm. Bless all NSAers including your staff, the officers, directors, and members, everyone who has worked so hard to help us. I love and appreciate you. THANK YOU!!!!

**Joe Liss**      Lafayette, LA



# NSA/Central Florida News January 2006

## OFFICERS and BOARD OF DIRECTORS 2005 - 2006

### PRESIDENT

Donna Cutting  
President@NSACentralFlorida.com

### PRESIDENT-ELECT

Cindy Krosky, CSP  
acespeaks@acespeaks.com

### VP/PROGRAMS

Dave Timmons  
dave@davetimmons.com

### PAST PRESIDENT

Terri Kabachnick, CSP  
Terri@Kabachnick.com

### Board Members

Ken Banks  
kenbanks@prodigy.net

Betsy Barbieux  
Betsy@ImageInsideOut.com

Sandy Geroux  
sandyg@sandygeroux.com

Lenn Millbower  
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Kelley Rexroad  
Kelley@krexconsulting.com

### Senior Chapter Advisor

George Morrisey, CSP, CPAE, Cavett Award  
gmorrisey@aol.com

### Chapter Administrator

Nancy Montgomery  
Administrator@NSACentralFlorida.com  
813-969-0489

## COMMITTEE CHAIRS 2005 - 2006

### Website

Tom Shay, CSP  
tomshay@profitsplus.org

Sandy Geroux  
sandyg@sandygeroux.com

### Speakers Academy

Monica Wofford  
monica@monicawofford.com

### Newsletter

Shari Bowden  
shari@ldesigntraining.com

### Membership

Betsy Barbieux  
Betsy@ImageInsideOut.com

### Librarian

Rod Jurado  
rodjurado@aol.com

### SPC Co-Chairs

Jennifer Samuel Chance  
jlsamuel5@juno.com

Meredith Oliver  
info@creatingwow.com

### Networking Nights Coordinators

TAMPA—Felicia Ferrara  
ferrara@CECconsultants.com

ORLANDO—Chip Madera  
chip@chipmadera.com



## NSA/Central Florida News January 2006

**January 21st, 2006 8:30 a.m.—12:30 p.m.**

**Chapter meeting @ Ramada Inn, Plant City, FL**

**8:30—9:00 a.m.           Networking**

**9:00 a.m.                 Meeting Begins**

### IMPORTANT MEETING REGISTRATION PROCEDURES

Registration for all chapter meetings will be through the website. Simply go to [www.nsacentralflorida.com](http://www.nsacentralflorida.com), click on meetings, and register right online. You may pay by credit card or if you prefer to pay by check, you indicate the check number then MAIL the check to Nancy Montgomery.

If you are a pre-paid member, or an Academy member who has paid in advance, simply send Nancy an email at [Administrator@nsacentralflorida.com](mailto:Administrator@nsacentralflorida.com) letting her know you'll be in attendance. It's important that you RSVP even if you have pre-paid for the meeting.

We have done away with the early bird rate. Instead there will be a rate for advance registration and an "at the door" rate. In order to pay the lesser amount, we MUST receive your credit card or your check BEFORE the day of the meeting. If you come to the meeting, and have not paid in advance, you will be charged the AT THE DOOR rate.

ADVANCE REGISTRATION	AT THE DOOR
Members: \$35.00	Members: \$45.00
First Time Guests: \$25.00	First Time Guests: \$25.00
Repeating Guests: \$45.00	Repeating Guests: \$55.00
Staff/Spouse: \$10.00	Staff/Spouse: \$10.00

### LOGISTICS/DIRECTIONS:

The Ramada Inn Plantation House is located at 2011 N. Wheeler Street, Plant City, FL (813) 752-3141

From Tampa: I-4 Exit 21, State Road 39 (Buchman Highway). At stop sign, go straight approximately 1/2 mile, stay to right side. Ramada Inn is on the right. Conference center is a separate building in the very back of the hotel.

From Orlando: I-4 Exit 21, Follow signs for State Road 39 (Buchman Highway) which will loop around to right. Take SR39 south. At traffic light, make a right. Ramada Inn will be just ahead on the right. Conference Center is a separate building in the very back of the hotel.

**NEED A RIDE? WANT TO CARPOOL AND NETWORK?**  
**We can help arrange that. Contact Nancy at the chapter e-mail or phone number.**  
**(813) 969-0489**