

Speak Easy

"Memorial Toastmasters Club"

Memorial
University Club
May 2008

Become Inspired!

The countdown is on! Toastmasters throughout the province will meet at Memorial University to showcase their public speaking skill May 24.



All delegates will participate in the Table Topics challenge consisting of two themed rounds - serious and humorous.

Our very own Paul White, in his interactive seminar, entitled POW Speakers!, will illuminate us with tips and tricks to maximize our mental fitness, essential to public speaking and life.

Terra Nova Club President, Steve Bannister will step us through the decision-making process while providing fresh perspectives and strategic tools to help fine-tune our decision-making abilities.

First and second place winners of the club-level contests for Tall Tales, Serious Speech, Humorous Speech, and Evaluations will compete for the chance to go to the nationals.

With less than one week remaining, and record numbers registered, the planning committee is excited to see it all come together. Don't miss Convention 2008, the highlight of the year. Register by Wednesday, May 21 and join us in welcoming our fellow Toastmasters to Memorial.

New Members

The month of May brought the annual renewal of the current membership to 35 and the initiation of three new members:

- * Steve Smith
- * Warren Bonnell
- * Alick Tsui

and the return of:

- * Berjinder Sethi (BJ)

Sergeant at Arms

We are pleased to have Scott French join the Memorial Toastmasters executive as sergeant at arms. A teacher by profession, Scott brings enthusiasm and humor to our club. A member since December 2007, Scott has demonstrated many talents, among which



Scott French

include his comic ability to rant on just about any subject and his ability to mix a mean batch of rice crispy squares! Welcome aboard Scott!



**Become the Speaker
and Leader You Want to Be**

Succeeding in Toastmasters - Know Why You Are Here

You've joined the club; you've paid your dues. Now what are you going to do to get the most for your money? Your experience in Toastmasters is entirely up to you. You can make it great or you can just tag along. The choice is yours.

I'd like to offer some suggestions tonight that I think will make your Toastmasters experience valuable to you.

1. First, to state the obvious, you need to be here to benefit. Make attendance a priority.
2. Do something at every meeting. All roles require you to say something. The more often you speak, the more you will be able to focus on what you are saying rather than the fact that you are saying it.
 - The Educational Tip gives an opportunity to prepare, practice and present a speech; it is five minutes long.
 - Thought and joke give the same opportunity in a shorter time.
 - When you take on a role, any role, you benefit.
3. If getting your CC or any other designation is important to you, make a plan.
 - Decide when you want to receive it and work out how often you must do a speech in order to meet that time. Then sign up in advance. Your place will be reserved and you will be committed to getting it done.
 - If you make a point of being prepared well in advance and keep your speech well rehearsed, when someone cancels, you can jump into action. You will be doing yourself and the club a service.
4. We don't see ourselves as others see us, which can be good or bad. I think generally in Toastmasters it is good.
 - Most of us are caught up with our fear; we are so sure everyone else sees it too.
 - We know what we planned to say, and we know if we miss a point or use the wrong words.
 - We are conscious of when we falter or if our mind goes blank creating a deadly silence.
 - We feel the gnawing in the pit of our stomachs.



Barbara Janes

- Generally, others are unaware of all this. They don't see the little mistakes that loom as mountains in our sight. If any of it is obvious, they are forgiving. We need to be the same.
 - Ralph Waldo Emerson, a 19th century essayist wrote, "Do the thing you fear and the death of fear is certain."
5. Whatever your performance at any given time if you learn from it rather than beating yourself up over it, you will make progress toward competence.
 6. Each time we challenge ourselves and move out of our comfort zone we grow. If you are determined to grow in Toastmasters, you are currently presented with the perfect opportunity. Attend the Toastmasters Convention on May 23rd and 24th. There you will:
 - meet and interact with other Toastmasters from across the province.
 - stand up in front of them and speak about the Table Topic you draw from the envelope.
 - listen to other speakers and learn from what they do and say.

There's a challenge for you!

By Barbara Janes, Memorial Toastmaster