



Speak Easy

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Thought of the Day

"You can conquer almost any fear if you will make up your mind to do so.

For remember, fear doesn't exist anywhere except in the mind."

Dale Carnegie 1888-1995

Member of the Month Barbara Janes

Special points of interest:

- Did you know that Memorial Toastmasters has more club members than any other chapter in Newfoundland and Labrador?
- Did you know that you can serve others with your public speaking by volunteering your time for groups and functions?
- Did you get your latest Toastmasters magazine?
- Remember! Get your self a mentor if you have not done so already.
- Do you have your next speech ready?

During the first week of March, Memorial Toastmasters' member, Barbara Janes delivered two volunteer presentations related to her expertise. *Right Choices Weight Management* is the name of Barbara's business. She motivates others to make the changes in their thinking and choices that will have a positive impact in their daily lives.

The first presentation was at a Seniors' Workshop at Riverhead on Wednesday, March 7th, which was an event organized as part of the Healthy Aging Project, a function of the *Seniors Resource Centre* where she is a volunteer.

The second was an opportunity that came her way through a member of the Seniors Resource Centre's staff who asked her to help a group at *Curves* launch their *Big Losers Challenge* that is ongoing for current members and staff. In both presentations Barbara introduced two principles by using favorite quotations, which many Memorial Toastmasters have heard before.

From Napoleon Hill -
"We are what we think about."

From J. Martin Kohe -
"The greatest power a person possesses is the power to choose."

Barbara found both experiences to be worthwhile and stimulating and is looking for more opportunities to use the skills that she is learning through Memorial Toastmasters.

If any members would like to be featured in our Member of the Month article, please forward your suggestions and ideas to sgerbeau@nf.sympatico.ca Feel free to include photos to enhance your articles.

Newly appointed committee members

Over the past few weeks, several of our members have come forward to help out our executive members.

"Thanks to all of you who have shown a vested interest in becoming a part of our Toastmasters club," said, Samantha Gerbeau, President of Memorial Toastmasters. "It's one of the most valuable investments a club can have—volunteers."

Samantha considers it a great way to enhance the message of Memorial Toastmasters and boost the morale throughout the club.

A special "Thank you" to those who are now a part of one of the committees:

For Sergeant of Arms: Tracey Hussey, Don Fagan, Don Tapper

For Membership: Barbara Janes, Linda Ward

For Treasurer: Karen So, and Cathy Whalen

For Education: Beth Ryan

There is still room left for others to volunteer. If you are interested, feel free to approach any of the executives with your ideas and suggestions.

VP Public Relations steps down to step up

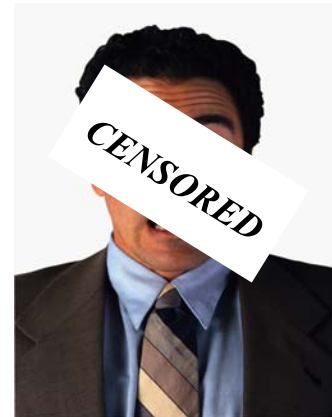


Holly Rideout, was Memorial Toastmasters' newest executive member. As of last month, she has decided to run in the upcoming provincial elections. We wish Holly all the best in her newest challenge. Due to the long term commitment, Holly will be passing over her duties to



Public Relations committee member, Roger Barbour.

Roger is delighted to take on the role of VP Public Relations. His years of practicing and training others in sales and marketing along with his wit and charm should surely have a few rolling into our meetings with enthusiasm for learning about Toastmasters. If you would like to help out Roger with any of the Public Relations roles, please contact him at barbour.roger@gmail.com



Success Stories

Do you have a success story that you would like to share? If so, why not forward it along so that others can see how you have been able to jump through the hurdles of life.

Contact

sgerbeau@nf.sympatico.ca

Joke of the Month

See if you got what it takes to offer a tasteful joke. Trying to use no profanity, no mockery, or anything distasteful can be quite the challenge. If you have any humorous jokes that are up to par for Toastmasters, why not send them in for next month's newsletter?

There once was a man who went on a job interview. His resume was very impressive, and the interviewer was ready to hire the man. There was one problem.

"There is a period of five years missing from your resume. What were you doing then?" the interviewer asked. The man replied, "Oh... I was in Yale" (jail)

The interviewer was quite impressed. "That's excellent! You're hired!" The man exclaimed, "Yippee... I got the job!"

Educational Tip

Proper etiquette at Toastmasters

<http://www.toastmasters.org/smedley.asp>

Toastmasters pride themselves on showing the respect a speaker deserves. For an organization that is older than many of our members, (unless you are 77 years old), it is worthwhile to stick to the proper protocol and look at Ralph Smedley's inspiring way of teaching communication skills. For the next few months, *Speak Easy, our monthly newsletter*, will feature articles from seasoned toastmaster members from Newfoundland Labrador. These are the members who know all the tricks and are honoured to provide others with their insight. Go online, and type in "public speaking etiquette" and you will discover listings for various websites showing that the essential tool for successful speaking is etiquette. This month's article looks at the classic way to address your audience while speaking, which is not much different from the classical art of soap box recitals.

Tip no. 1 If you are speaking, then you are standing. A great way to remember if you are speaking out of turn is to remind yourself to stand each time you are supposed to be speaking. If you are not supposed to be speaking, then you must be listening. Many of us, speak right off the cuff, not even realizing that our thoughts are being verbalized without the thinking that it is someone else's turn. Speaking only when you stand helps for that very need to respect the other speaker's moment. Unless you are asked by the speaker to comment, your thoughts should be written on the paper provided to you at each meeting. Simply passing your written message along means less distractions for the speaker who is trying to convey a message—sometimes quite nervous and timid about it as well. When he/she sees you talking, they lose their confidence plus your attention. If your written message is not sufficient, patience is the alternative exercise, until the break. Then, you can speak freely to your colleagues. Toastmasters pride themselves on energizing people to build focus, good clear thoughts and an accurate account of things being verbalized. It takes years to become a master at public speaking, and probably longer to become a master at listening. Remember to respect each member and they will in turn respect you.

Samantha Gerbeau
President of Memorial Toastmasters

Early Birds get the discount!

***Provincial Convention
May 11 & 12th***

Mar 22, 2007— Folks who are planning on attending the Toastmasters Provincial Convention in May, can save money by paying in advance. Early registration will save you 10.00 per person. "The 70.00 charge to participate is the same as it was three years ago," said Ken Lawrence, President of Terra Nova Toastmasters and leader of the provincial convention. If you intend to participate as a guest or as a speaker at the Provincial Convention speak to your club's president for more information. To register please refer to Memorial Toastmasters website under "Provincial Convention".

Internal competition

With less than a month away for Memorial Toastmasters to compete in the provincial convention, time is of the essence. Members who are eligible to compete are those who have completed at least 6 speeches. For those who are close, the sixth speech can be considered the one done at the internal competition. For more information, please contact your club's president.

Your opinion matters

Do you have any ideas for our club's newsletter? It could be anything from how to improve your club's membership to how to have more fun. If so, why not send them along and we will have them in our next month's issue.

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