

The Spotlight

Club #: 585369, Dist #: 86 – North Bay and Area Toastmasters Club

March 19, 2014

Awards



Best Speech: Penny Tremblay

Best Evaluator: Colleen
Charland

Best Table Topics: Ed Lusk

Spark Plug Award: Karin
Sumbler

Speaker's Tip

Relax. Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. ("One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.

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<http://www.toastmasters.org/mainmenucategories/freeresources/needhelpgivingaspeech/tips/techniques/10tipsforpublicspeaking.aspx>

Highlights



Theme: **Embracing Life**

Thank you to all the members and guests who attended and participated in the meeting. Thank you Margo & Tina for helping with the Spotlight !

During her speech *Raise the Roof*, Penny told the inspiring story of two strangers who made a connection and a difference. One belonged to a not-for-profit organization with very limited funding in Florida whose building was in need of roof repair. The other was able to locate a company from Ontario who provided the needed repairs at no charge. The work on the roof received a lot of attention in Florida and the roofing company got tremendous advertising and referrals for their charitable act. -Margo

Peter was our second speaker. He delivered the 3rd project from the Entertaining Speaker manual - *Make them Laugh*. His speech title was Conscious Deja Vu. It was about history repeating itself with regard to events in our lives, and creating a sense of deja vu. People laughed out loud a number of times. It is the kind of speech he should keep in his pocket just in case he is at an event that needs to fill time for 5- 10 min. – Tina

In Brenda's speech, titled *It's Your Life*, she convinced her audience how important it is to have a power of attorney or substitute decision maker. Her Power Point presentation outlined examples of when it would be important, consequences of not having one, and how to get started on selecting and designating a POA. - Margo

Reminder:

*Dues for April- October are due: \$ 90. for 6 months.
See Ed Lusk.*

