

# The Spotlight

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

Mar. 5, 2014

## Awards



Best Speech: Sandi

Best Evaluators: Vishnu & Ed

Best Table Topics Speaker:

Angie

Spark Plug Award: Joanne

**Next meeting:** Mar. 19, 2014 @  
7pm

**Theme:** Embracing Life

**Place:** Clarion Resort Pinewood  
Park, Pinewood Park Drive, North  
Bay (Room announced on the  
monitor at the entrance)

[www.northbaytoastmasters.org](http://www.northbaytoastmasters.org)

## Highlights



### Theme: Here Comes the Sun

**Thank you** to all the members and guests who attended and participated in the meeting. **Welcome** to Tina, a TM who is joining our club, to Dell (TM) and Sandi (DTM) both from Sudbury and to those guests who joined us for the evening.

First speaker of the evening was Sandi, a DTM from Sudbury. Her talk, *Three Small Words*, taught us some simple yet effective strategies for stopping that busyness trance we sometimes find ourselves in. 'Take 3 breaths' at the beginning of an activity helps to focus ourselves on the upcoming event and improves our memory. Telling yourself 'I'll Handle This', when anxiety and worry and fear enters our heads can help us remember all the things in life that we HAVE handled and that the latest challenge is also handle- 'able'. Finally, saying 'I've got this!' with conviction and attitude can help us to boost our faith in ourselves before tackling a new project.

Dell, a TM from Sudbury shared with us her journey out of a depressing time in her life. She told us how after she retired from her job and her marriage ended she was feeling devastated. Finally, after some time she decided to change her attitude. She bought herself a new house (she hated the apartment she was living in), found some new friends at a local church and joined Toastmasters. Finding her passions in life was her saving grace! Congratulations Dell!

## **Did you know...**

*The word SUN in Hindu means dispelling darkness.*



## **Reminder:**

*Dues for April- October are coming due: \$ 90. for 6 months.*