

The Spotlight

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

May 21, 2014

Awards



Best Speech: Brenda Scott

Best Evaluator: Tina Matheson

Best Table Topics Speaker:
Brenda Scott

Spark Plug: Guest, Darlene

Highlights



Thank you to all the members and Brenda's guest, Darlene who attended and participated in the meeting.

Theme: Stanley Cup

Word of the Day: Sport

Brenda Scott invited her audience to "think outside the box" and consider the idea of replacing our roads with solar panelled heated roads.

For her 9th CC speech she drew from internet research to present points to convince the audience that this idea was credible, eco-friendly and economically sound.

Tip of the Week

Concentrate on the message – not the medium. Focus your attention away from your own anxieties and concentrate on your message and your audience.

Did you know ... The Victory stance and the Yawn stance are related? Stand up and act as if you just won something important, throw your arms in the air, a very open posture, the victory stance. This position raises our testosterone level, resulting in more focus and confidence. Now, while still standing, try a big yawn, it's almost the same position, maybe the back is arched a bit more, but arms are again above the head. The yawn stance, lowers our cortisol level, lowering our stress. One position influences two important hormones, and we only need to stand like that for about two minutes for a measurable difference. Something we can do a few minutes before we have to get on stage (but in the back of the room or somewhere private).

Next meeting: June 4, 2014
@ 7pm

Theme: Shad Flies

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

www.northbaytoastmasters.org

Business Section



Executive 2014 –2015

President - Ed Lusk, ACB, CL

VP Education – Peter Taylor, CC

VP Membership – Brenda Scott

VP Public Relations – Joanna Liritzis, CTM, CL

Secretary – Tina Matheson,

Treasurer – Ed Lusk, ACB, CL

Sgt @ Arms - vacant