

The Spotlight

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

August 1st 2012

Volume 1

Welcome!

Members of the Executive would like to share the first volume of “The Spotlight”! This newsletter will be a way for us to inform members about our meetings.

Awards



All the members of the club would like to congratulate *Sharon Goodwin!* Sharon was presented her District 86 pin for completing her Competent Communicator (C.C.).

Congratulations!

Highlights



DK Hur, a member of the Canadian Military, has been with Toastmasters since July of this year. As a new member, DK has strived to complete his third speech from the Competent Communicator Manual. He recently received news that he will be stationed in Montreal for 6 months. He is now looking into joining one of the clubs in Montreal to continue his journey with Toastmasters International. We wish you all the best and hope you will be returning to our club soon!

Thank you!

We would like to thank all the members that have accepted a roll during the last meeting. Thank you to: Colleen Charland, Brenda Scott, Brenda Ward, Hillary Borden, DK Hur and Sharon Goodwin.



Tip of the Week



According to Niamh Crowe, CEO of Speech-Writers, the “**Three P’s**” are important before giving a speech:

- 1. Planning:** make sure you know *what* it is you want to talk about.
- 2. Preparation:** know *how* you would like to present your speech. Consider eye contact, body language, use of visual aids.
- 3. Practice:** *rehearse* your speech often in front of mirrors or in front of a friend. Record yourself speaking to see how your audience will perceive you and make adjustments accordingly.

To read the entire article, go to:

www.speechwriters.com/publicspeakingnervesarticle.htm

Did you know?

You can download a **Member Achievement Record** from www.toastmasters.org to help you track your progress? As you complete your Education Program goals, use the Member Achievement Record to record projects that are completed and highlight the ones you would like to work on during the year. Participating during the meetings is great, but we must complete our programs!



Next meeting: August 15th, 2012 @ 7pm

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

www.northbaytoastmasters.org