

# The Spotlight

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

Aug.21, 2013

## Awards



Best Speech: Colleen Charland

Best Evaluator: Margo Murphy

Best Table Topics Speaker:  
Karin Sumbler

Spark Plug Award: Phillip  
Paquette

=====  
North Bay and Area club achieved  
the Distinguished Club ribbon for  
year 2012/13

10<sup>th</sup> Anniversary Certificate arrived  
from Toastmasters International

**Thank you** to all the members who attended and participated in the meeting!



*Phillip Paquette presented his speech (Project 5) Alcohol and gave us a lot of information about alcoholism and its effects on people and their lives.*

*Colleen Charland's speech # 33 was on "The Shooting of Dan McGrew" a poem written by R. Service and illustrated by Ted Harrison. Before reading the poem Colleen talked about the men's lives. Colleen used hats as props & even asked to have the lights turned off at a certain spot in the poem!*

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

Division N Speech contest is on Sat. Oct. 19, 2013.

Conference in Collingwood is on Nov. 22-24, 2013.  
More information is on-line at

<http://toastmasters86.org/joomla/index.php/events/fall-conference-2013>



**Next meeting:** Sep. 4, 2013 @ 7pm

**Theme:** Back To School

**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)

## Tip of the Week



## Your Voice- Pitch

From: Your Speaking Voice by Toastmasters International @ <http://www.toastmasters.org/199-YourSpeakingVoice>

And: How to Sound Better by Lisa Marshall @ <http://www.quickanddirtytips.com/business-career/public-speaking/how-sound-better?page=all>

Do people find your vocal range pleasant? The highness or lowness in your voice is known as pitch. If your voice is squeaky, guttural, shrill, or flat, then you should work on your pitch. The desired speaking pitch sounds low, clear, full, and varied. According to research, the deeper the pitch of the voice, the more persuasive, more confident, more capable you sound. (Lisa Marshall)

We each have a natural pitch on which we speak. It may or may not be good.

Most speakers talk on too high a pitch. A thin, high-pitched tone lacks authority and appeal and is often harsh and unpleasant. Cultivate deeper tones. Be careful not to develop too low a pitch, which results in rumbling, indistinct, ponderous speech. If your natural pitch needs to be lowered, work on it by consciously pitching your voice lower in all conversation. Change it a half-tone at a time.