

The Spotlight

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

Nov. 20, 2013

Awards



Best Speech: Penny Tremblay

Best Evaluator: Melanie Courchesne

Best Table Topics Speaker:
Melanie Courchesne

Spark Plug Award: Nicole

Philip Pacquette received
his 6th speech award!
Congratulations Philip!

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



Antonieta Francine gave her 6th speech, entitled “*Becoming a Full Mother*”. She told about how she didn’t understand her young son’s speech when he told her he wanted to “Pee”. She naturally assumed he had to use the washroom but afterwards when asked again what ice cream he wanted, he repeated “Pee”. Antonietta was confused until her friend lifted the young boy up to the ice cream bins and he could point to the Pistachio one and say “Pee”. Antonietta realized she didn’t have the intuition she needed to understand her children when they couldn’t explain themselves, so she took more time off her busy doctor’s schedule to spend with her kids. She said that in order to have a close relationship we need to spend time with that person – and that definitely includes our kids!

Penny Tremblay’s speech “*A Profession of Value*” was a tribute to her dad and to all fire fighters. She talked about how much she admired and loved her dad.

Vishnu Rao talked about the math involved in losing weight: Since it takes 3500 calories to burn 1 lb of fat, consuming 2000 calories a day equals weight loss. But be aware: the body burns alcohol calories before burning off fat! Thanks for the info, Vishnu!

News & Announcements:



The Club evaluator’s contest is also coming up in Jan. 2012. Please let Peter Taylor know if you wish to participate!

The Club speech contest to qualify for Div. N Speech Contest is coming up in the New Year. Prepare and practice your speech if you wish to enter the contest!

Sat Mar 8 - Div N Contests International Speech & Evaluation Contest

Next meeting: Dec.4, 2013 @
7pm

Theme: Santa Parade

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

www.northbaytoastmasters.org