

The Spotlight

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

Oct. 2, 2013

Awards

Best Speech: Penny Tremblay

Best Evaluator: Ed Lusk

Best Table Topics Speaker:
Antonietta Francini

Spark Plug Award: Keith

Congratulations!



Tip of the Week



To improve your voice, you must become aware of stress, muscle tension, and relaxation. The most important recommendation for developing voice quality is to relax your throat while you speak. Think in terms of friendliness, confidence, and a desire to communicate. If you release the tension from your voice, a pleasing tone will likely result. Remember that the emotions and vocal colorings you express with your voice can arouse similar emotions in others.

<http://www.toastmasters.org/199-YourSpeakingVoice> p5

Next meeting: Oct. 16, 2013 @ 7pm

Theme: Halloween

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

www.northbaytoastmasters.org

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



Ché Puccio's 3rd speech was entitled 'The Long Run'. He shared how he prepared for and then ran a half-marathon and ended with "Occasionally it's good to bite off more than you think you can do." Way to go Ché!

Antonietta's speech 'Take the Tiger to The Mountain' taught us the meaning of one of 108 Tai Chi movements. Antonietta demonstrated the movement and shared with us how it relates to getting rid of both external and internal enemies. Internal tigers like doubt, insecurity, low self esteem and procrastination as well as real enemies can be 'punched' away allowing us to then be able to see the view from the top of the mountain! Well done, Antonietta!

Penny Tremblay ("Gifts in Disguise") enthralled us all in the story of a young college graduate who wanted a beautiful car for his graduation present. His father, however, praised him for his hard work and gave him a book instead. The son, angry, threw the book down and left the family home completely insulted. Many years later the successful son tried to contact his family but was saddened to learn that his father had just passed away and he was the heir. He went to the house and picked up the book which was still on the desk where he had thrown it, opened it and found an envelope with the key to the porche he wanted those many years ago! Gifts that are packaged in struggles or challenges- with 'crappy wrapping', Penny says- have one thing in common. They force us to grow. Penny brought the story to life using beautiful descriptions and voice modulations.

Did you know...



Antonietta Francini won the Area Table Topics Contest. On Oct. 5 Congratulations Antonietta!

Division N Speech contest is on Sat. Oct. 19, 2013 in Sault Ste Marie

Conference in Collingwood is on Nov. 22-24, 2013.

More information is on-line at Toastmasters.org