

February 6, 2007

## **Weekly Newsletter for Renfrew & Pembroke Toastmasters Club Members and Friends of Toastmasters**

Lynne Kobus and John Munkittrick will be doing their speeches for practice on Monday night and we will be giving them some oral feedback to help them prepare for the area contest in March.

We had two terrific meetings this week. The theme was Body Language.

**Who was there?** – Renfrew had another great turnout this week with our two new members Chris and Candice, George, Osiah, Lynne, Nigel and Fran were also in attendance.

In Pembroke we welcomed a guest – Aileen LeBlanc and a past member (soon to be current member again) Maria Williams.

**What happened?** – In Renfrew Nigel took on the role of Toastmaster, Chris did her Icebreaker, and Osiah did his 8<sup>th</sup> speech, Lynne and George did the evaluations, and everyone got a chance to “perform” their table topic as they were all about body language.

Lynne’s word “body” was well used throughout the meeting and she gave us something to think about with her thorough definition of the uses of the word.

The educational tip was also on Body Language and the various ways we use our body – gestures, facial expressions and whole body movement.

George took another go at the role of timer and Candice took on the role of Quiz Master. Her questions led to some lively discussions during the answers. Well done Candice. Chris took on the role of “ah” counter but we didn’t increase our coffers by much. Just a reminder, if you didn’t pay your fine (.05 per offence), you can do so at the next meeting.

In Pembroke, the theme was the same with John taking on the role of Toastmaster and doing an excellent job. He provided us with a great deal of information and used his body language to demonstrate a variety of things. He also put us through some activities involving body language and Fran added a few more with the table topics. Once again participants were only allowed to demonstrate their table topic, but they did such an excellent job that every one of the table topics was guessed.

**What’s new?** There was another article in both papers this week and myFM is mentioning our meetings on the radio. There should be an article on Mentoring in both papers this week, please keep an eye out for it.

Wellwood Smith has asked for someone to mentor in the role of VP Education. He has been doing this job for the past two years and he would like to pass on the opportunity to someone else. Please talk to Wellwood or to Fran if you are interested in helping out.

Joan is still recovering from her fall and will hopefully be able to join us in the near future as her arm heals.

**What else?** Next week's theme is Valentine's Day. If you have signed up for a role and don't remember what it is, give me a call 613-649-2950.

The area speech contest will be held in Arnprior on March 7<sup>th</sup>. Everyone is welcome to attend and cheer on our contestants.

The spring conference is in Gatineau at the end of April.

Following is something I wrote this week. I hope you enjoy it.

### **Is It Worth It?**

Is it worth it to come out to a meeting on a cold winter's night?

Is it worth it to give up a TV show to attend a meeting?

Is it worth it to spend time preparing a speech?

Is it worth it to take on a role at each meeting?

Is it worth it to prepare an educational presentation?

Is it worth it to tell your friends and invite them to a meeting?

Is it worth it to take on the role of Toastmaster or Table Topics Master?

Is it worth it to be a member of a local Toastmasters Club?

I don't know about you, but my answer to these questions is a resounding YES. It is worth it for so many reasons.

Following through on a commitment you made, despite the weather conditions gives you a sense of accomplishment and self- confidence.

Giving up a TV show is easy. Most of the programs you can see again later on reruns or you can tape them and watch them at a later date.

Preparing a speech gives you practice in organizing your thoughts and making them fit specific guidelines. This can help you when you have to do reports to present to a Board or other staff.

Taking a role at a meeting gives you experience in standing in front of a group, making a presentation, and leading by example.

Preparing an educational tip gives you an opportunity to learn something new and share it with others in a way that expresses your personality and strengths.

Taking on a significant role of Toastmaster or Table Topics Master allows you to further develop your organizational and time management skills as well as your creativity as you are in charge for a significant amount of time

during the meeting and you have to make sure that you keep within the time restrictions.

Should you invite your friends? Absolutely! If you know of something that will help them develop self-confidence and communication skills are you being a good friend if you don't tell them?

As a member of your local Toastmasters Club you have the opportunity to do all these things: 1) You can take part in the semi-annual leadership training sessions. 2) You can take on roles at each meeting that will help you develop the skills you want to develop; whether that is speaking, listening or leadership. 3) You can share your expertise and knowledge with others and help them develop. 4) You can mentor someone, developing a friendship while enhancing skills.

There are many reasons to join Toastmasters and many more for remaining a member. I encourage you to look at the reasons why you joined and why you stay, and share your experience with others.

See you next week!!

Fran

P.S. I am working on putting the newsletters up on a blog or my website. I will let you know when this is done and give you the address to check it out.

