

News

West Carleton Gavel

December - 2003



WEST CARLETON CHRISTMAS CURLING EVENT!

Nov. 30th was a very exciting evening. Judith Waddell organized a curling event for our members and spouses.



Those who tried curling had a lot of fun on the ice. Thank you Judith for a wonderful and warming evening.

DEC. 15TH CHRISTMAS TEA PARTY.

Don't miss the last meeting of the year. We are going to have a tremendous night. Bring something delicious for our Tea Table and don't forget to wear something with the Christmas colours!

TOASTMASTERS IS A GREAT FITNESS PROGRAM!

Tell your friends, your neighbours, your colleagues and everybody else that "Toastmasters is a great fitness program!"

On January 19th bring a guest to our "Get in Shape" meeting. We are going to demonstrate how they can get fit and ready to speak!

WEST CARLETON CLUB EXECUTIVE 2003 - 2004

President:	Harold Mendes - ATMB CL	Past President:	Judith C Waddell - ATMS CL
VP Education:	Carole Baker - ATMB CL	VP Membership:	Christine Martinelli - CTM
VP Public Relations:	Valeria Mills - ATM CL	Treasurer:	Brent Nicolle
Secretary:	Mike McPhail	SAA:	Chris Hesse - CTM

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MESSAGES FROM EXECUTIVES:

I have been a member of our club ever since Linda Hay convinced me to come out to my first meeting in 1997. It was the start of a great adventure, and I have continued to benefit from the fellowship and fun provided by the Toastmasters organization. Over the years, I have followed in the footsteps of some marvellous role models along the Leadership Track. I have held the office of Club Secretary, Club President, Area 8 Governor and I am the Immediate Past Division B Governor. This year I am the Vice President of Education (VPEd) for our club. I also belong to a second Club, Visioneers Advanced, where I am the Vice President of Membership. Each Leadership challenge has provided an opportunity to surround myself with marvellous people who continue to inspire and motivate me to move forward in my Toastmasters "career".

As a Palliative Care Nurse Consultant, Educator and Counsellor at the Ottawa Hospital, Civic Campus, I am very involved in the 'helping profession'. This carries over as part of the Toastmasters skills of helping each other to grow and learn. My favourite Toastmasters theme is "Friends Helping Friends Succeed".

The VPEd works closely with the President to ensure that the meetings provide many learning opportunities. Judith Waddell, as Acting President, and myself, sat down at the beginning of the year and worked through a schedule of themes and events to ensure the meetings are interesting and dynamic.

Our Educational program is at the heart of the Toastmasters organization and it is through the work of the VPEd that the Mission of the Club is accomplished. The VPEd provides and maintains the programs through which the members can develop their communication skills. Every effort is directed towards making the Club a President's Distinguished Club by helping members achieve their goals.

The club Mentorship Program is up and running, and this is another important piece to add to our organization. The rewards of being a coach or mentor are tremendous. As a mentor, I have found I feel just as proud of a new member's accomplishments as if they were my own - perhaps even more!

I am a great believer in ongoing personal support and encouragement, and the provision of information. When every one is involved in the latest activities and goals, we can all work together to achieve them!

***Carole Baker - ATMB CL
Vice-President of Education***

WHAT A YEAR!

Dec 9, 2002, I gave my Ice Breaker speech. Some of you may remember me speaking about my journey and some of the sharp turns and potholes I had hit along the way.

Here I am, a year later, giving my 10th speech and what a year it has been. A year full of reflection, discovery and growth. This evening I'd like to share where all this unearthing has lead.

Turning 40 is a big deal for most women, and I'm no exception. For me, it was like being hit by a mack truck. Everything I once knew and took for granted, didn't seem to feel the same. I had so many questions. Why was I doing the work I was? How is it that I was giving more time to people I barely known than to my own children? In my ice breaker speech I spoke about an out of body experience, watching myself at work from 100 feet up, scurrying around like crazy at 7:00 in the evening with an office full of engineers totally engrossed in their work. Didn't anyone go home for supper? That's when I knew I needed out. Now don't think it wasn't scary – it meant I was prepared to reduce our family income by ½. But when I listened to my inner voice and the anxiety I had been feeling for months, I couldn't afford to stay. The decision to leave wasn't going to move us towards mortgage freedom any time soon. But you know what, no one's going hungry and all the bills are still being paid. When I finally took the time to breathe and take in what was going on around me I realized that I had been burnt out for a long time already. To heal, I painted my house – great therapy – I highly recommend it. The transformation was so satisfying.

As I watched my walls change from contractor white to deep bold colours, I made some very profound discoveries about myself too. I recognized that even though I was progressing in my profession, I wasn't feeling any more satisfied. When I asked myself "Why?" I discovered that the work I was doing wasn't aligned with who I am. I began to map out a plan, writing down my values, my vision, and my strategic direction. I liken it to a business planning exercise. Doing so can help one focus and clarify what is important whether it be to the business or to one's life. My plan is still a work in progress, but I know that harmony, trust, contribution and excellence are definitely part of who I am. Now when I look back on the jobs I've held, I better understand why I kept looking for the next opportunity.

There seemed to be a level of harmony that was always missing. This process also led me to incorporate new routines in my life, like: running regularly, making more time for close friends and family and being available for my children. Another change that I have made is to regularly give thanks for the many wonders that I experience each and every day. Sounds hokie? Perhaps. But let me just say this: if you concentrate on the negative, it follows you around. Instead, I've chosen to embrace the simple delights and have them help propel me up. It's working too. When it's a running day, I envision how great I will feel when I get back, that's enough to push me to run on those particularly wet and cold days. Like I said my plan is still a work in progress and where it will ultimately lead is still unclear, but as long as I maintain a positive focus and be true to my values, I am convinced I cannot go wrong.

Aside from reflection and discovery, I have also grown in the last year. My previous job had left me bruised and had seriously shaken my confidence. I needed to find an environment where I could grow and interact with positive people. I wasn't prepared to embark on a full continuing education, but finding West Carleton Toastmasters has been a godsend. I want to thank each and every one of you for your support, encouragement and warmth. Since joining West Carleton, I have not only improved my communication skills, but also developed the confidence to secure a contract with a career management consulting firm. It has allowed me to draw upon my past experience while exploring a new focus. What's more I'm doing it on my terms. I am listening to what I hold important. I am grateful for this new challenge and also optimistic that this will lead to other opportunities. For once, I am not stressing myself out because of the unknown. It almost surprises me to hear those words come out of my mouth.

So let me conclude by just saying that it's been an eye-opening year. The reflection has made me re-evaluate what is truly important and leaving my job confirmed that I meant it. The discovery phase has helped me methodically map out a plan so that I have a tool against which to measure my progress. And finally, toastmasters and all of you have helped me to grow and develop. I am grateful to have gone through this life-altering exercise and in part have all of you to thank for it.

Christine Martinelli – CTM
VP of Membership

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TOASTMASTERS:

A GREAT FITNESS PROGRAM

By Larry Heck

At this time of the year, fitness centers report their biggest surge in memberships and increased participation by all members of the various clubs. People are making good on New Year's resolutions to get in shape and do the things necessary to live healthy live. Those who are "shaping up" know that meeting their objectives will not happen overnight; but if they follow a plan of action on a regular basis, they will achieve their goals and have fun with their program.

Toastmasters is like a great fitness program and successful toastmasters know that, to be successful, members will follow a regular routine to build their speech skills to the success levels they wish to reach.



Warm-up Activities: Like all exercises, there are warm-up activities that help each toastmaster prepare for the challenge of more complex speaking. The table topics questions that are a part of the Toastmaster meeting teach the skills of impromptu speaking and assist members to talk succinctly about any number of subjects. The chance to

tell a joke or present a short reading allows a toastmaster to get comfortable speaking in a group setting. You are never alone. A "spotter" or mentor is assigned to help you meet your goals.

Skill-Building Activities: The first speeches are designed to assist the novice toastmasters learn the essential skills of preparing and presenting a speech by having each give short 5 minute to 7 minute talks about themselves and the things and ideas that most interest them.

Skills, such as vocal variety, use of gestures, organization, finding ideas, and learning ways to inspire and motivate an audience are gradually introduced.



Advanced Skill Activities: Having warmed up and learned the basic skills, a toastmaster has the opportunity to apply those techniques and concepts to a variety of speeches in the Advanced Speaking Program. Speaking skills are strengthened and enhanced. Advanced speakers are able to apply what they have learned to their professional, social, and personal situations. Advanced speech manuals discuss the methods, ideas and suggestions for such practical applications as storytelling, making technical speeches, leading group discussions, speaking on special occasions, learning to use humour effectively and many more areas of interest.

As the days and weeks fly by, a Toastmaster grows and develops self-confidence, assurance, and the ability to really enjoy speaking and listening at work, at home and in social situations. If you aren't working out regularly, start now. One speech at a time and you will soon be enjoying all the pleasures that come with being fit and ready to speak.

Toastmasters is a great fitness program!

Get in Shape!

Where: Kanata Legion
70 Hines Road (Kanata North)
When: Monday, January 19th
7PM to 9PM
Contact: 836-1978 or 836-8795
info@westcarletontoastmasters.com