

News

West Carleton Gavel

October - 2003



Toastmasters is going West!

Oct 29th a very exiting Speech and Table Topics night will be held in the Arnprior Library starting at 6:45 pm.

This meeting is an opportunity to introduce Toastmaster in the Arnprior area with the creation of a new club slated for March 2004.

West-Carleton would be the sponsor club and area six would be the representing area for this new club.

This opportunity would create a new link in the chain between Ottawa and the Valley clubs.

Over 150 invitations have been sent out to local businesses.

***Fred Schuck - ATMS CL
Divison B Governor***

Ottawa Mayor Proclaims October 20-26 Toastmaster week!

Thanks to Doris Sweetnam, once more this year Ottawa Mayor, Bob Chiarelli, has proclaimed October 20-26 as Toastmaster week in Ottawa.

We are very proud of the hard work and tremendous dedication that Doris has provided to our club in all these years.

Thanks!

District 61 Fall Conference 2003

If you are not at Mont-Gabriel, Québec – November 7, 8 and 9 attending our District 61 Fall Conference you are in the wrong place.

Visit the District 61 website to register:
<http://www.toastmastersdistrict61.org/eng/conf/index.htm>

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
VP Public Relations:	Valeria Mills CTM CL	Treasurer:	Brent Nicolle
Secretary:	Mike McPhail	SAA:	Chris Hesse - CTM

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Messages from Past Executives:

Looking after the West Carleton Toastmasters Club has been a challenge and a reward for me. I could not have accomplished a smoothly run club in the first quarter of this Toastmaster year without the support of the members of this great club. Experienced and new members have stepped up to the challenge and provided me with their pillars of knowledge and hours of time. Everyone is to be congratulated in having a great Club Contest on the 29th of September. I personally am so proud of everyone for a job well done. My heart is swollen with PRIDE -- and this is the theme of Toastmasters District 61 this year - A Matter of Heart! How fitting.

Our president Harold Mendes will be elated to have the club in great shape upon his return at the end of October.

***Judith C Waddell - ATMS CL
Past President***

As outgoing VP Membership, my thanks go to all West Carleton Toastmasters. Throughout the year, your enthusiasm and cooperation were outstanding. You brought guests-- who later became members. And, we therefore attained all of our Membership goals capped by the Smedley Award.

At each social function such as the relaxing fun-filled evening at the cottage of Linda and Barry every role was filled, and the 'potluck supper BBQ' would have done credit to a Chef. Linda and Barry are always gracious and encouraging hosts who make participation in the meeting as well as socializing easy and fun. Thank you Linda and Barry for a great day.

Doris Sweetnam hosted our club and many friends from other Toastmaster clubs in August. To say that this event was well attended is a big understatement. I believe we had over 70 people who were given the opportunity to see old friends, make new ones and see a 'fun' Toastmaster meeting. As usual, the refreshments were generously donated -- 'chicken by Doris' -- and a wonderful variety of dishes by Toastmasters. The big question of the evening was "When is the next West Carleton 'do'?" As well as being wonderful fun, these fun-filled evenings are also learning experiences and good PR for West Carleton. They helped advertise our club as a desirable club to belong to 'by word of mouth'.

On a personal note: Congratulations to Valeria Mills and her husband, and to Brent Nicolle and his wife, both of whom were blessed this year with wonderful sons.

***Marge Gallinger - CTM CL
Past VP of Membership***



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Table Topics in action

During my six-month peacekeeping tour in Bosnia, all military officers at the director level attended an O Group session every morning. For the non-military readers, an O Group can be loosely compared to a Toastmasters' Table Topic session. The O Group however, is a compulsory meeting of the unit's leadership wherein attendees present critical information about the past, current and future activities that impact on mission accomplishment.

An example of how Toastmasters Table Topics' model of an introduction, body and conclusion helped me improved my contribution to the O Group is the following:

- My position in Bosnia was that of Operational Psychology Advisor (OPA). The acronym OPA means grandfather in German. When my replacement arrived, she being woman, the title OPA seemed inappropriate. So, in a polished Toastmasters' style, with the right introduction, body and conclusion, I introduced my replacement to the 15 or so officers attending my last O Group in the following manner:

Fellow officers, as you well know, an OPA is the name of a grandfather in German. Given that we now have the first woman OPA in theatre, and she is nowhere near being a grandfather, either in appearance or gender, it seems necessary to rename my position. With that in mind, please join me in extending a warm welcome to Major D, the new Operational Military Advisor or OMA, which stands for grandmother in German.

In the midst of the laughter and applause of the O Group attendees, I relinquished my chair as the OPA to the new OMA, who would be attending the O Groups for the next six months.

**Harold Mendes - ATMB CL
President**

Storytelling

When I chose Storytelling for my ATMB, I never thought that I would use that skill every night.

After adopting a six years old wonderful boy, I realized that storytelling was the best tool to create a solid bond with my son, and I do that at his bedtime.

I tell him stories about a distant land, where my husband and I came from. About people that speak a different language, and have strange sounds as names, but will share with him a same family past and their love. He is also learning about his country, his Canadian heritage, about the people and historic events.

He loves the pauses, the vocal variety, the facial expressions, the vivid imageries, and everything that I can use to bring the stories to life.

Certainly he is a very demanding evaluator, but I have noticed that some nights he just gives up listening, and he succumbs in the arms of Morpheus.

**Valeria Mills - CTM CL
VP of Public Relations**

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Improve your public speaking skills

Sooner or later, we all are called upon to get up in front of a group of people and speak. So, how confident you are that you can deliver an impeccable presentation? If you are not sure just follow these steps:



Break the Ice.

Prepare an introduction about yourself and your topic. Stage your speech to catch immediate attention. Lead your audience to your clearly defined goal.



Be Sincere.

Know your subject. Choose a topic you enjoy or have definite convictions. Your passion for the subject will come through in your delivery.



Architect Your Speech.

Organize your speech into a logical sequence. Have an opening, body and conclusion. Good organization is the key to success.



Let Your Body Communicate.

Gestures are the most expressive part of body language. How can you tell about your fishing trip without showing how big was the fish that you catch? Be spontaneous. You don't want to appear as if you're doing a speech for the 1000th time.



Let Your Voice Communicate.

Develop a voice that is pleasant, natural and convincing. You are most likely to influence by your voice, tone and pitch than by your spoken words.



Choose Your Words.

Know your audience. Many people overlook this important strategy. Knowing who you will talk to can help you to tailor what you will say to that group. Also is important to think before you speak. Saying what you mean and meaning what you say is the golden rule to an effective communication.



Match all up.

Lead all parts of your communication strategy in the same direction. The face, the tone of voice, the body language, and the words all have to match.



Illustrate Your Speech.

Use props to help your audience understand and remember your message. Make sure that you are also familiar with your visual aids, the objects, or the technology that you are using in your speech.



Persuade with Conviction.

Speak with conviction as if you really believe in what you are saying, so you can persuade your audience effectively. Speak to your public, and respond to their reactions. Don't forget to take good use of pauses.

Allow yourself and your audience a little time to reflect and think. Don't race through your presentation and leave your audience, as well as yourself, feeling out of breath.



Inspire, Inspire and Inspire.

Identify the feelings that your audience has and express them so that they reaffirm those beliefs and inspire the audience to act upon them. Challenge people to embrace noble motives or achieve their highest potential.

These 10 steps sound familiar to you, don't they? Yes, they are the steps of our "Communication and Leadership Program."

Complete your CTM and you will see that confidence is gained through practice.

**Valeria Mills – CTM CL
VP of Public Relations**

Do you want to help in the next West Carleton Gavel edition?

Send your "Toastmonial" to:

valeria@ftnorth.com