



Club # 5785

# Souhegan Speakers and Leadership Club NEWSLETTER

Issue 3, March 30, 2015

## Every Toastmaster's Journey Starts With a Single Speech

### Meeting Time & Location

**Every Wednesday 7 – 8:30am**  
**At the Souhegan Valley Chamber of Commerce, 69 Route 101A, Amherst, NH**

**NOTE: April 1<sup>st</sup> & April 8<sup>th</sup> – which are meetings dedicated to speech competitions, will be held in the Opportunity Networks Theatre located at 11 Caldwell Drive, Amherst, NH. All guests are welcome!**

Inclement Weather Policy:  
If Amherst Schools are **closed** or **delayed**, the club will **not** meet.

### Welcome New Members

**Although we didn't welcome any new members to our club this month, we did have a few guests!**

**A successful Toastmasters club is only as good as its active membership. We encourage all members to bring a guest to one of our fun and informative club meetings to show them what Toastmasters is all about!**

### ToastMasters Trivia

**Up until the 1936 Convention in Santa Barbara, the cost of annual member dues was one U.S. dollar.**

### CLUB NEWS

What are you afraid of? Everyone is afraid of something. Paralyzing, speechless, sweating profusely, and shaking in my boots kind of fear. Whether these fears are rational or not, many people all over the world experience fear for various reasons. **Do you know what the number 1 fear of everyone is? PUBLIC SPEAKING!** If this is the reason you became a Toastmaster, ask yourself – What am I doing to not only face my fear, but also to overcome it?  
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### UPCOMING EVENTS

#### ***Our Club Table Topics Competition is this week, April 1st!***

Show off your skills this Wednesday morning at 7:00 a.m. as we host our Club Table Topics Contest at Opportunity Networks located at 11 Caldwell Drive, Amherst, NH. For anyone who has never been in the theatre at Opportunity Networks, it is a beautiful venue that will give you a taste of what it's like to speak on a big stage. We currently have 4 members signed up to participate in the contest and we'd love to have more!

#### ***Our Club International Speech Competition is next week!***

Opportunity Networks will be the hosting location for our Club International Speech Contest on Wednesday, April 8<sup>th</sup>. This is THE competition where speakers from our Club will shine and show off their skills. It is the **ONLY** speech competition that could take them all the way to the top. The final competition will be at the Toastmasters International Convention being held at Caesar's Palace in Las Vegas from August 12-15, 2015. To compete in the International Speech Contest you need to have given 6 speeches, and we have 4 seasoned Toastmasters signed up for the contest who meet those criteria!

Family, friends or coworkers are encouraged to attend, because the more people we have in the audience, the better. This is a great opportunity for them to see what Toastmasters is all about!

***If you have any questions about the contest or these roles, please speak with either Debby Adair or Denyne Sanville, our club Co-Chairs for this contest.***



March 2015 – Courtney Sullivan

## Member Spotlight

### Why did you join Toastmasters?

*I joined Toastmasters to better my skills and confidence as a speaker and to network with business people in the community.*

### How long have you been a Toastmaster?

*7 Months*

### How has the Toastmasters experience improved your life, personally or professionally?

*I recently purchased my own microphone after receiving honest feedback from my Toastmasters group to increase my volume when I'm presenting a speech.*

### What do you like to do in your spare time?

*I like to volunteer my time as a motivational speaker, talking about surviving with a head injury. I've been a freelance editor for the past 3 years. I like to travel and I'm in the midst of writing my memoir, *The Intersection Blindsided at Eight Years Old*.*

## **CLUB NEWS** (Continued from Page 1)

Whether it's tackling that next speech in your Competent Communicator or an Advanced manual, taking on a role at a meeting that you've never done before, or even signing up to be a contestant in a Club contest – it's by doing these things that we gain the skills and confidence to overcome our fears.

There are plenty of places in our life where we can take a risk, not knowing what the outcome will be. But in Toastmasters one thing is guaranteed . . . you will always receive positive and constructive feedback from your peers no matter what risk you take. If any of the ideas mentioned above feels like a big risk to you, then start small, pick one thing you've never done before and slowly build from there. Trust us – you'll live to speak another day and your fear of public speaking will slowly melt away . . . just like the snow outside our windows is doing at this very moment.

## **TIP OF THE MONTH**

***We've all been there . . . You're in the middle of a speech and you make a mistake. What do you do now?***

If you're in the middle of your speech and something goes wrong, don't freeze and don't apologize; tell a joke instead! By telling a quick joke, it will not only put you at ease but it will put the listeners at ease.

Humor has many benefits for speakers:

- It helps establish a bond with the audience
- It can win over a hostile audience
- Humor keeps the audience interested
- Humor helps emphasize or illustrate a point
- It helps people remember you

**TOASTMASTERS**  
INTERNATIONAL

*The mission of every Toastmaster Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills which in turn foster self-confidence and personal growth.*