

50 Years Strong

FOOTHILLS TOASTMASTERS

WHEN AND WHERE

www.FoothillsToastmasters.com

Thursdays, September to mid-June

6:00 to 8:15 pm

6:00 sharp - Meeting convenes

We're 10 minutes from downtown at:

Calgary Elks Lodge & Golf Club

2502 - 6th St. NE

Calgary, Alberta

T2E 3Z3

www.calgaryelks.com

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OUR CLUB FOCUS

Ours is a friendly, experienced club. At the end of our busy Thursdays we relax over dinner (optional) while we develop and improve our skills at public speaking. Communication and Leadership are the two main aspects of education at Foothills Toastmasters. Our meetings' roles and speaking assignments are designed to foster and develop skills in communications and leadership.

The agenda for a Foothills meeting shows how speaking practice falls into three main areas:

Business Session members learn and practice the skills of debate and parliamentary procedure

Table Topics members speak unrehearsed on an assigned topic for 2 minutes

Prepared Speeches members deliver a rehearsed speech to the club

The topic of each Prepared Speech is of the member's own choosing. Toastmasters International provides a manual of speech projects designed to enhance one or more aspects of speech delivery such as gestures, vocal variety, vocabulary, and structure.

Members are scheduled to participate in the weekly meetings. At first you will be scheduled for easy jobs, such as the "Invocation" or "Toast". From there, your participation will expand at the rate at which you feel comfortable. Generally, a member will give a prepared speech every two months which allows them time to contribute and develop in other roles. Other opportunities present themselves when vacancies arise.

OUR MEETING AGENDA

<u>ROLE</u>	<u>FUNCTION</u>
Chairman	Call to Order, Invocation, Toast Introduction of Guests Business Session
Parliamentarian	Parliamentarian's Report
Table Topics Master	Impromptu speaking • Table Topics Speakers (4)
Table Topics Evaluator	Evaluation
Chairman Humourist	Assign a Toast and Reply Joke <i>Recess for 10 minutes</i>
Chairman	Toast and Reply Introduce Toastmaster
Toastmaster	Prepared Speeches • Introductions • Main Speakers (3 or 4) Introduce General Evaluator
General Evaluator	Evaluate First Half Speech Evaluations Awards: • Best Speaker • Most Improved Speaker Grammarian Ah Counter
Chairman	Awards, e.g.: • Best Evaluator • Whitewash Brush Cup • Chairman's Cup Remarks from Guests
Close of Meeting	Closing Comments & Adjourn Meeting

EDUCATION

At Foothills, new members receive the benefit of years of experience from fellow Toastmasters who have themselves become accomplished speakers.

One of the opportunities to learn is in watching fellow members grow and develop their abilities with each new foray in Toastmasters. Each accomplishment achieved by a fellow member is shared with the rest of the group, keeping everyone involved and excited.

You will see members evaluated by other members of the club. This positive and constructive feedback immediately after a presentation is a cornerstone of the leaning and speech development at Foothills Toastmasters.

Leadership experience is obtained and developed by serving in any of the club's elected offices, and in volunteering for any of a number of *ad hoc* committees, such as our Christmas Dinner, Anniversaries, and speech contests.

FIRST STEPS

The initial step toward improving your communication skills is taken when you attend as our guest at your first meeting. You can either contact us beforehand to let us know that you're coming, or just show up at the door.

As our guest, or as our new member, you will be warmly welcomed into the Club each and every Thursday evening, September through mid-June.

The Club's supportive and sociable environment is the ideal setting for meeting new people, developing your communication skills, and trying something new!

CLUB HISTORY

Foothills Toastmasters received its charter on February 13, 1960.

Since its inception, Foothills has had the reputation of being one of the strongest clubs in District 42, which consists of Alberta and Saskatchewan.

Foothills members have competed in, and won, national and international speech competitions.

Many Foothills Toastmasters have enjoyed great success in business and politics as a result of the communication and leadership skills they acquired at our weekly meetings.

Foothills Toastmasters is proud that city aldermen, senators and professional speakers first honed their skills at our club.

Foothills is a business dinner club. The meal, served during our meeting, allows for a stimulating and productive session in which to relax and learn after a busy day.



Some past and present members include:

- Alderman Gael McLeod, Ward 4 Calgary
- Senator Ron Ghitter
- Brian Lee, former MLA and professional speaker
- Jon Lord, former MLA for Buffalo
- Doon Wilkins, professional speaker
- Kris Matthews, *"Calgary Woman of the Year"* inaugural winner
- Corrine Tessier, one of Alberta's *"50 Most Influential People"* -- Alberta Venture Magazine
- Susie Hatley-Aldous, yoga guru, one of Calgary Herald's *"20 Compelling Calgarians to Watch in 2004"*



**AN INTERVIEW WITH
PATRICK COLLINS
FOOTHILLS PRESIDENT 2003-2004 & 2010-2011**

Tell us something about your career goals and how communication fits into your activity.

I'm an international consultant in the Oil & Gas business, in a technical specialty called petroleum geomechanics. It's a specialized niche, so I've found that I have a continuing need to explain complex technical concepts in simple, effective ways. Effective communication is essential to my work, and it has enriched my life.

Why did you join Toastmasters?

Regardless of one's career, regardless of one's lifestyle, the ability to speak in public with confidence is essential for self-improvement. At my high school graduation, the guest speaker was the Hon. James Jerome, Speaker of the House of Commons. He said many things, but the most memorable was his advice to us all: learn how to speak in public. At the time, I didn't appreciate his wisdom, but he planted the seed of that thought in my mind. Toastmasters provided the means to bring that seed to fruition.

Are there any recommendations you would make to new members?

1. Be prepared, and things will proceed much more smoothly.
2. Push yourself; expand your boundaries.
3. If you aren't making any mistakes, you're not trying hard enough. One of the hidden benefits of Toastmasters was learning to recover from mistakes. Everyone makes mistakes, even accomplished speakers. In the end the errors don't matter. At Toastmasters, we learn not to be our own worst critics.
4. Enjoy the moment. When speaking, aim for the state of mind where the "butterflies in the stomach" are all pulling in the same direction. Turn nervousness into exhilaration.



Are the skills learned at Foothills useful outside the public speaking club?

The ability to express ideas eloquently and appropriately is always useful.

What do you hope to achieve in your year as president?

I hope to inspire all our members, both new and experienced, to expand their speaking skills by striving for personal improvement.

Please provide some closing thoughts.

To quote Mark Twain:

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover."

Visit us as our guest at Foothills Toastmasters. You'll be glad you did. Arrive a little early and we'll get you settled in.

Enjoy the moment.

*When speaking, aim for the state of mind where the
"butterflies in the stomach" are all pulling in the
same direction.*

CONTACT INFORMATION

Email

Foothills Toastmasters: FoothillsTM@gmail.com

Websites

Foothills Toastmasters <http://www.FoothillsToastmasters.com/>
 Toastmasters International <http://www.toastmasters.org/>

2010-2011 EXECUTIVE

Patrick Collins	President
Ed Wheeler	VP Education
Peter Temple	VP Public Relations
Rocco Angelozzi	VP Membership
Agnieszka Wilcyńska	Secretary
Ed Mitchell	Sergeant at Arms
Joel Yana	Treasurer

DINNER



Foothills Toastmasters is a dinner club, which allows busy people to attend our meetings right after work. Dining is optional and a vegetarian plate is available on request. The fixed menu consists of a first course, entrée, dessert, and coffee or tea.

Weekly Attendance

	Member	Guest
Dining	\$20	\$20
Not dining	\$10	free

MEMBERSHIP DUES

Foothills collects dues on an annual basis. The annual dues cover dues payable to the Toastmasters International Organization, and the costs of providing club services.

Manuals are mailed to you from Toastmasters International. Foothills also keeps manuals in our library. Your first manual is provided by Foothills the evening you join our Club. In addition, Toastmasters International's "Toastmasters Magazine" is mailed to you monthly.

Toastmasters International charges a New Member Fee of \$25, which is paid for you by the members of Foothills Toastmasters when you join.

***** Membership dues are tax-deductible as an educational expense.**

ANNUAL DUES

Join us in:	Dues:
September	\$150
October	\$150
November	\$135
December	\$120
January	\$105
February	\$90
March	\$75
April	\$60
May*	\$45
June*	\$30

**option of paying \$125, inclusive of next year*

Come Join Us!

"In words are seen the state of mind and character and disposition of the speaker."

-Plutarch, biographer and philosopher (circa 46-120 A.D.)