



# Foothills Toastmasters

»»» Fall 2007

## When and Where

### Time

5:45 - 8:00 p.m.  
September - June

### Place

Titans  
(aka Karouzo's)  
2620 - 4 St NW  
(basement)  
Calgary, Alberta

**Guests are always  
welcome!**

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## Welcome!

Thanks for taking the time to learn more about our club. The information in this brochure and on our website will give you some insight to the benefits of joining Toastmasters and to the qualities of our club.

At our meetings you'll notice we have a wide range of members ... people who are new to public speaking to people who worked for years to polish their skills. Though our members take their skill development seriously we like to enjoy ourselves and have fun in the process.

Foothills Toastmasters is a 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.

We encourage you to join us as a guest to experience one of our meetings first hand. So, pick a Thursday and come join us as our guest.

***See You Soon!***

## Message from Our Club President

November 2007

Only two months have passed since our Toastmaster season started in September. Already much has happened at our club.

We held the annual Table Topic (impromptu speaking) and Humour Speech contest. It was a successful event and two of our members went on to participate in the contest the next level up. They did us proud! As did all the members who participated at the club level. It was so great to see people trying new things on! It is one of the best ways to learn.

We have also had several new members join us in the last couple of months. Already, they are adding new energy to the club with their individual styles and contributions to the meetings. We are fortunate to have such a diverse membership. We have people who have participated in Toastmasters for over 25 years and those who joined just last meeting. It means there is opportunity to learn from many different perspectives.

If you have been toying with the idea of joining a Toastmasters club, do come and visit us. We look forward to meeting you.

Karin Hoernig  
President, 2007-2008

**Executive 07/08**

**VP Membership**

Mark Flynn

**VP Education**

Cristy Hayden

**VP Education**

Vincent Fung

**VP Public Relations**

Peter Temple

**Secretary**

Nicole Amor

**Sergeant-at-Arms**

James McDonall

**Treasurer**

Joel Yana

**Past-President**

Graham McCaffrey

**President**

Karin Hoernig

**Our Club Focus**

Communication and leadership are the two main aspects of education at Toastmasters. Our meeting roles and speaking assignments are designed to foster and develop skills in both.

Members are scheduled to participate in our weekly meetings. At first you will be scheduled for lighter roles, such as the "Timer" or "Toast." From there, your participation will expand at the rate at which you feel comfortable.

Using these techniques, you'll increase your ability to create a memorable, and compelling performance that will change minds and achieve your goals.

**Communication**

Our members receive the benefit of years of experience from fellow Toastmasters who have themselves become accomplished speakers. One of the opportunities of membership is watching fellow members develop their abilities with each new foray in Toastmasters. Each victory achieved by a member is shared, keeping everyone involved and excited.

A Foothills Toastmasters meeting offers speaking practice in three main areas:

1. The **Business Session** in which members learn and practice the skills of debate and parliamentary procedure.
2. The **Table Topics** section, where members are called upon to speak unrehearsed on a topic chosen by the Table Topics Master.
3. The **Prepared Speech** segment, which provides members with the opportunity to deliver a practiced 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. Generally, a member will give a prepared speech every two months, which allows them time to contribute and develop in other roles.

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**

Leadership experience is developed by serving in any of these elected offices:

|           |                  |                     |                |
|-----------|------------------|---------------------|----------------|
| President | VP Education     | VP Public Relations | VP Membership  |
| Secretary | Sergeant at Arms | Treasurer           | Past President |

There are also informal and ad hoc opportunities to contribute to the ongoing operation of our club.



**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.
- We do recommend you come approximately 15 minutes before the meeting starts.

As our guest, or as our new member, you will be warmly welcomed into the Club each and every Thursday evening. The Club's supportive and sociable environment is the ideal setting for meeting new people, developing your communication skills, and trying something new!

**Sample Meeting Agenda**

| Role                              | Function   |
|-----------------------------------|--|
| Chairman                          | Call to order, introduction of guests, business section, smooth running of meeting                 |
| Parliamentarian                   | Parliamentarian's report on business section of meeting  |
| Table Topics Master               | Coordinates impromptu speaking section (3 to 4 speakers)   |
| Table Topics Evaluator            | Evaluation of impromptu speaking   |
| Humourist                         | Shares a joke or humorous story  |
| ***** Recess for 10 minutes ***** |  |
| Toastmaster                       | Coordinates prepared speeches (3 to 4 speakers)  |
| General Evaluator                 | Evaluates first half of evening; coordinates evaluations of prepared speeches by other evaluators. |
| Grammarian                        | Provides grammatical feedback to members.  |
| Ah Pig Counter                    | Provides feedback to members regarding their use of ah's and uhm's.                                |
| Remarks from Guests               |  |
| Close of Meeting                  | Closing Comments & Adjournment of Meeting  |



*"If I went back to college again, I'd concentrate on two areas: learning to write and to speak before an audience. Nothing in life is more important than the ability to communicate effectively."*

*Gerald R. Ford  
Former U.S. President*

Inspiration

If we all did the things we are capable of, we would astound ourselves.

Thomas Edison

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.

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. Our members have competed in, and won, national and international speech competitions. Some past members include:

- Ron Gitter, former MLA and Senator, receiptient of Alberta Human Rights Award
• Brian Lee, former Calgary Municipal Council member, MLA and professional speaker (Mr. Enthusiasm)
• Jon Lord, former Alderman and MLA
• Doon Wilkins, professional speaker
• Kris Matthews, the inaugural winner of the "Calgary Woman of the Year" award
• Corrine Tessier, one of Alberta's "50 Most Influential People" -- Alberta Venture Magazine, 1999
• Susie Hately-Aldous, yoga guru, one of Calgary Herald's "20 Compelling Calgarians to Watch in 2004"

Membership Dues and Fees

Membership dues and fees cover dues payable to the Toastmasters International Organization and the costs of providing club services.

Upon becoming a member you will receive Toastmaster manuals from the Toastmasters International and a monthly Toastmasters magazine full of valuable information.

Table with 2 columns: Join us between, Dues. Rows: September - December (\$150), January - June (\$75)

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

Foothills Toastmasters is a dinner club, which allows busy people to attend our meetings right after work. The fixed menu consists of a first course, entrée, and coffee or tea. The meeting costs are as follows:

Table with 2 columns: Member/Guest, dining/not dining; Price. Rows: Member, dining (\$20); Member, not dining (\$10); Guest, dining (\$20); Guest, not dining (No charge)

Note: Membership dues are tax-deductible as an educational expense.

